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UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension
Washington, D. C.

Reserve No. 295

January 5, 1938.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Health MATERNITY CARE IN RURAL AREAS BY PUBLIC HEALTH
NURSES. Helen A. Bigelow. (American Journal of
Public Health. Vol. 27, October 1937, No. 10,
pp. 975-980.) Says, "Maternity care in rural areas by public-health
nurses is a family service. It is assumed that the relationship to all
other types of home visits is known, but perhaps more than in any other
classification it is truly a concern of the mother, and only in so far
as the nurse is able to help the mother solve her family problems will
she be successful in her maternity work." It then outlines the nurse's
duties in caring for mother and child, and the other educational work
she may contribute.

Health FUNCTION OF THE SCHOOL IN THE RURAL HEALTH PROGRAM.
Ruth E. Grout. (American Journal of Public Health. Vol.
27, June 1937, No. 6, pp. 583-586.) Discusses the prob-
lems of health education through the rural school; first, by making the
school healthful; second, by interesting parents; and, third, through co-
operating agencies such as Farm and Home Bureau, and the Rotary Club. It
acknowledges that the home and family still carry the major responsibility
for the healthful living of their members. She says the school may do
much to prepare the child for his responsibilities in the home.

Health HEALTH EDUCATION OF THE PUBLIC: A Practical Manual of
Technique. W. W. Bauer and Thomas G. Hull. (W. B.
Saunders Co., of Philadelphia, 1937, pp. 227, illus. 37.)
Tells how to spread information about health by means of radio, exhibits,
meetings, pamphlets, newspapers, motion pictures, slides, magazine arti-
cles, correspondence, books, and miscellaneous devices; also how to ap-
praise results.

Health PRACTICAL PHYSIOLOGICAL CHEMISTRY. Philip B. Hawk,
Olaf Bergeim, and others. (P. Blankiston Son and Co.,
Inc. Philadelphia, 1937, Eleventh Edition, pp. XXII +
968.) This book has been revised, and much new information has been
added.

Clothing and Textiles BEDSPREADS IN THE BREEZE REPRESENT \$5,000,000 ANNUALLY TO CANDLEWICK MANUFACTURERS. (Textile World. Vol. 87, August 1937, No. 9, pp. 66-67, illus. 4.) Describes the candlewick bedspread industry which has grown from a wholly hand-work craft to one in which power machines are used, and from an individual home industry to a commercialized industry with no loss in quality of the product. There is a hope that this change will really benefit the workers by increasing their wages.

Clothing and Textiles ANNUAL CONFERENCE OF THE INSTITUTE--SOUTHPORT, 9TH-11TH JUNE, 1937. (The Journal of the Textile Institute. Vol. 28, July 1937, No. 7, pp. LX + 324.) Gives a report of, and papers read at the annual conference of the textile institute where the subject of serviceability of fabrics was discussed from many angles.

Clothing and Textiles WATER-PROOFING PILE FABRICS. From a Correspondent. (The Wool Record and Textile World. Vol. 52, August 19, 1937, No. 1475, pp. 457, 459.) Tells how pile fabrics are waterproofed by the use of wax, such as beeswax and paraffin; also with such substances as shellac and rubber.

Clothing and Textiles SOAP AND OTHER CLEANSING AGENTS. Better Buymanship No. 16. (Household Finance Corporation. pp. 18.) Tells what soap is, how the kind of water used affects cleaning, what guides help in selecting good toilet soap, the differences in shaving soaps, and shampoo soaps, and about the selection of laundry soap.

Clothing and Textiles WEARABILITY OF FABRICS. C. M. Whittaker. (Textile Recorder. Vol. LV, No. 651, June 1937, p. 28.) Presented at the Textile Institute Conference. The author says: "Taste and customs alter and the modern man would laugh at the idea of a suit only to be worn on Sundays which was the custom in my childhood. The idea of wearing for a lifetime a suit of broadcloth like our ancestors did has been substituted by two or three suits, and a varied assortment of flannel bags and woolen pullovers." He adds, "The desire for standards in retailing textile merchandise is a recognition that 'rubbishy textiles of poor wearability have become too prevalent.'" Inferior dyestuffs are being substituted for those with better color fastness.

PHILOSOPHY OF EDUCATION. Rupert C. Lodge. (Harper Education and Bros. Pubs. New York, 1937, pp. X + 328.) Chapters include: The Three Types of Philosophy, The Nature of Education - Realism - Idealism - Pragmatism, Definitions of Education, Comparison and Discussion, The Self, Mind - Realist View - Idealist View - Pragmatist View, Knowledge - Sensation - Memory - Learning; Subject Matter, Interest and Effort, Imitation. Method, Ignorance, Liberal Education, Conclusions. The aim of this book is to present all three alternative philosophies of education in such a way as to leave to the reader to decide which he prefers and finds the most useful. These philosophies are "realist," "idealist," and "pragmatist."

THE ENRICHMENT OF LIFE THROUGH KNOWLEDGE. President Education W. B. Bizzell. (School and Society. Vol. 46, October 30, 1937, No. 1192, pp. 545-551.) States in part that when college days are over one should have some appreciation and comprehension of the scope of knowledge, have acquired ability to use some field of knowledge for profitable utilitarian ends; and some for unselfish social ends; have gained a genuine interest in some field of knowledge for its own sake, this will keep life from becoming monotonous and deadening; should have developed social instincts that will enable one to find satisfaction in the companionship of others, habits of discrimination in appraising human values, in appraising facts on the basis of their importance; acquire the ability to make the great forces of life - work, play, love, and worship - contribute to your happiness and contentment; develop a genuine appreciation of, and a love for truth, beauty, and goodness, and finally be able to formulate a sound philosophy of life based on proper evaluation of both knowledge and conduct.

THE NEW CULTURE: An Organic Philosophy of Education. Education (John Day, New York, 1937, pp. 296.) Contents: Opportunities of Today, Challenge of a New World, Dynamic Thinking, The Absolute, Relativity, Energy, Spirit, and Matter, The Meaning of Organic, Personality, The Community, Man and the Universe, and the like.

THE MOTION PICTURE IN EDUCATION. American Council on Education Education Studies. (American Council on Education Studies. Vol. 1, April 1937, No. 1, pp. 24, Contents: Status of films in education; Establishment of the educational motion-picture project; Report on the work of the educational motion-picture project; Immediate problems and suggested approaches.

Food and NUTRITIONAL SCIENCE AND ITS SOCIAL ASPECTS. Sir Richard
Nutrition Gregory. (Nutrition Abstracts and Reviews. Vol. 7, July
 1937, No. 1, pp. 1-5.) Points out the social aspects of
nutritional work being done, such as studies of the influence of the eco-
nomic crisis or unemployment on the nutritional health of people; that,
"Among all the demands which the body makes on its environment, that for
its food is of outstanding importance; and it is today becoming recog-
nized that right nutrition, especially in early life, may profoundly af-
fect the well-being and social value of the individual. Though much
patient and laborious investigation will have to be undertaken before
the relative importance of nutrition, heredity, and environment as fac-
tors in the incidence of diseases or promotion of sound health is fully
understood, the knowledge obtained by scientific inquiry during the past
twenty years defines very clearly the essential substances required for
a satisfactory diet." The author says the extension of consumption and
not the restriction of output is the way to turn increased means of
production into a blessing.

Food and PROCESSING TENDER COOKED HAMS. Dr. C. Robert Moulton.
Nutrition (Meat. Vol. 7, June 1937, No. 1, pp. 7, 25 - 26.) Tells
 how to cure ham which has been cooked previous to the
curing. The purpose seems to be to get a short-cooked ham that will keep.
It may be eaten without further cooking.

Food and FOODS AMERICA GAVE TO THE WORLD. A. Hyatt Verrill. (L.
Nutrition C. Page and Co., Boston, 1937, pp. XVI + 289.) This book
 shows what a large proportion of the variety of fruits,
nuts, and vegetables we use are truly of American origin. It also tells
how the less-known ones are used. In addition it also lists the truly
American meats and fish.

Food and FOOD FOR FIFTY. Sina Foye Fowler and Bessie Brooks
Nutrition West. (John Wiley and Sons, N. Y., 1937, pp. VIII +
 384, illus.) A cookbook containing large-quantity
recipes.

Food and EVERYBODY'S COOKBOOK: A Comprehensive Manual of Home
Nutrition Cookery. Isabel Ely Lord, editor. (Harcourt, Brace
 and Co., N. Y., 1937, rev. and enl. pp. (XII + 945.)
A cookbook to which a chapter of icebox recipes is a new addition.

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UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension
Washington, D. C.

FEB 12 1938
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No. 296

January 12, 1938.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Extension DESIGN FACTORS FOR SMALL FARM HOMES. H. E. Wichers.
(Agricultural Engineering. Vol. 18, October 1937,
No. 10, p. 442.) The author says "...we must retain an
intelligent viewpoint; we must not encourage farmers to build beyond
their means, or we will defeat our ultimate objective. But it would
seem at the present time that there is little danger of doing any such
thing. The vast majority of farm homes lag so far behind, in the matter
of equipment, arrangement, and appearance, that it would take several
years of persistent effort on the part of the State agricultural colleges
and other agencies, to bring them up to a reasonable normal. We can not
and will not stop our research and study of the farmhouse problem. But
we need to put greater stress on the fact that material we already have
has a bad habit of remaining on the shelves in our storerooms. We know
a great many things about farmhouse design, its relation to farm work,
and farm living, that have not been disseminated. We need the help of
the farm press, farm magazines, and the Extension Service to put this
information out where it will be properly used." He also says the three
essential differences of farm homes from urban ones are the need of a
central rear hall, that the "front" door should face the farm driveway
and not the highway, and the need of a workroom besides the kitchen.

Extension ADEQUATE PERSPECTIVES. Carl F. Taeusch. (Journal of
Adult Education. Vol. 9, October 1937, No. 4, pp. 410-
413.) The author says that for the purposes of adult
education a group of potential students is essential and that the U. S.
Department of Agriculture has such a clientele in the 5,000 Extension
workers whose business it is to disseminate information pertaining to
efficient methods on the farm and in the home. He describes some of
the work in the 19 schools of social philosophy and economic theory
which he has so far conducted in cooperation with Extension service
Workers.

Food STABILIZING EFFECT OF INCREASED VITAMIN B (B₁) INTAKE
ON GROWTH AND NUTRITION OF INFANTS. Marsh W. Poole,
Brenton M. Hamil, Thomas B. Cooley, and Icie G. Macy.
(American Journal of Diseases of Children. Vol. 54, October 1937,
No. 4, pp. 726-748.) In view of the new standards during the past few
years for the growth of normal infants and the increased knowledge of
the nutritional requirements of babies during the first year of life,
this study has been made for the purpose of determining whether or not
the early addition of the antineuritic factor vitamin B₁, in the form
of a water extract of rice polishings to an ordinary milk formula,
represented a nutritive advantage to the health of the average arti-
ficially fed healthy infant during the first 12 months of life. "The
average daily gain in weight of the infants receiving supplementary
vitamin B... was found to be more regular and consistent than the
average gain of the control infants. The increased vitamin B intake
in group made little appreciable difference in the average weight and
height when compared with those of the control babies... Both the
groups given supplementary vitamin B grew as well or better when the
infants were represented by standard-growth curves. There was con-
siderable superiority in the weight curve of the infants who received
added vitamin B (during the second year) as compared with the curve
representing the babies who received the diet fortified with vitamin
B during the first year. This superiority is probably accounted for by
the increased intake of milk in the second year and the earlier use of
cereal, vegetables, and fruit, as well as by a lower intake of vitamin
D during the first year. For the same babies there is practically no
difference in the average heights. From these results it is apparent
that if one is to evaluate the effect produced by augmenting the intake
of vitamin B the diet must contain an adequate and balanced amount of
the other vitamins as well as an optimal amount of food."

Food EATING ROUND THE WORLD. Foreign Recipe Books and Mag-
azine Articles in English. Compiled by James E. Gour-
ley. (Mimeographed, pp. 4-50.) New York, 1937. A
bibliography of cookbooks from all parts of the world.

Food PRESERVING MOTHERS' MILK. Shirley W. Wynne. (Parents'
Magazine. Vol. 12, August 1937, No. 8, pp. 25, 73.)
This article explains the process of preserving mothers'
milk by freezing it into tablets and keeping it in cold storage.

Food SOLDIERS OF SCIENCE. A Romantic Dramatization of the
Discovery of the Vitamins. (Wisconsin Alumni Research
Foundation, Bascom Hall, Madison, Wis. 1937.) Ruth L.
Hoesley. (Mimeographed, pp. 28.) This play for high schools might also
be used by women. It depicts the high lights in the field of vitamin
research and explains the uses of the vitamins.

EARLY CHILDHOOD EDUCATION. Its principles and practices. Ruby Minor. (D. Appleton - Century Co. N. Y. 1937, pp. XIX + 763.) The author says this textbook is written with the hope of clarifying some of the misconceptions which have arisen as to the usefulness of school subjects in realizing the newer values which have been incorporated in an activity or in experimental programs in school. Parts of the work are: General aspects of early childhood education; some aspects of learning; Organization of experience with reference to a classification of subject matter; and helps in attaining progress.

CHILDREN IN THE FAMILY. Harold H. Andersson (D. Appleton - Century Co., N. Y., 1937, pp. XII + 253.) This book is essentially a treatment of the hygiene, both physical and mental, of normal children during the early ages. The author hopes it will lead parents toward a better understanding of the child, of each other, and of themselves and to new ways of discovering common purposes underlying apparent differences. Chapter headings: Doing things together; The beginnings of personality development; Growing in responsibility; Discipline; Emotional behavior; Habits; Mental and motor development; Learning to talk; Nutrition; Clothing; Physical growth and development; The health of the child.

A MANUAL OF CHILD PSYCHOLOGY. George D. Stoddard and Beth L. Wellman. (Macmillan Co., N. Y., 1936, pp. V + 117.) Contents of this paper-bound book are: Trends in child psychology; Methods of research; Motor development; Sensory discrimination; Concepts and thinking; Language; Growth of intelligence; Intelligence as related to other factors in child development; Meaning of intelligence; Learning; Social behavior; Play; Development of artistic ability; Emotional patterns; Personality aberrations; Behavior aberrations; Character; and Meaning of personality. It is intended to be used as an outline for study groups.

THE EXCEPTIONAL CHILD AS A NEGLECTED RESOURCE AND EMOTIONAL NEEDS OF THE EXCEPTIONAL CHILD. Goodwin Watson, and Frank Astor. (Child Research Clinic of Woods Schools, Langhorne, Pa. 1937. Vol. 2, No. 6, pp. 24.) Includes part of talks given at the Child Research Clinic of the Woods Schools in 1937. These are the "Exceptional Child as a Neglected Source" and "Emotional Needs of the Exceptional Child."

Social POPULATION - SUPPLY AND DEMAND. Editorial. (Journal of Amer. Medical Ass'n. Vol. 109, Nov. 20, 1937, No. 21, pp. 1726-27.) This editorial says the lower intelligence strata in each economic, social, occupational, or educational group, rural or urban, in this country, have the most children. It also says families will have fewer dependents in 1980 than now as far as aged persons are concerned.

Social HIGHLAND HERITAGE. The Southern Mountains and the Nation. Edwin E. White. (Friendship Press, New York, 1937, pp. IX + 197.) Some of the contents are: At home in the hills, To make a living, Isolation and emergency, Prospects and possibilities."

Social TABLE DECORATIONS AND PARTY PLANS. Alfreda Lee. (Bridgeman Publishers Inc., Pelham, New York, 1936, pp. 128, illus.) Contains a series of descriptions of decorations and party plans, with instructions for making favors and decorations. It begins with directions for making pipe-cleaner dolls, and closes with plans for a baby shower.

Social THE BARN DANCE RETURNS. (Recreation. Vol. 31, November 1937, No. 8, pp. 471-476, 505.) This article tells how to have a barn dance and includes decorations, costumes, organization of the party, stunts, contests and games, music, dances, and refreshments. Music for some of the dances is included.

Social I WANT MY BOY TO BE A FARMER. O. E. Baker. (Rural America. Vol. 15, October 1937, No. 7, p. 2.) In this brief item Dr. Baker says: "The farmer has more and better food to eat than most city people, and in times of depression he is more certain of a livelihood - if he has not mortgaged the farm. The farmer has better health than city men, and lives longer - about 5 years longer.... The farmer accumulates more property - becomes a wealthier man than the average city person. This may not be true in the South. It is true in the North because of the millions of city people who have almost no property at all - except an automobile. Wealth in the cities is probably four or five times more concentrated than in the rural territory. The farmer is more likely to enjoy his work than most city people...."

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FEB 18 1938

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension,
Washington, D. C.

No. 297

January 19, 1938.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

FINANCING THE CONSUMER. Report of a conference on Organization consumer financing held at the University of Chicago, May 20, 21, 1937. (University of Chicago Studies in Business Administration. Vol. 7, 1937, No. 4, pp. IX + 114.) A series of articles by various writers: Consumer Debt and the Business Cycle, by Rolf Nugent; Thrift in the American Economy, by Morton Bodfish; Consumer Credit and Family Budgeting, by LeBaron R. Foster; Consumer Failure and Rehabilitation, by John H. Cover; Government and Sales Financing, by John R. Walker; Government Participation in Consumer Credit, by Hon. G. Erle Ingram; Recent Activities of Commercial Banks in Financing the Consumer, by Dudley Cates; New Developments in Financing of Consumer Purchases of Merchandise, by M. C. Penticoff; Budget Accounts, by Ira D. Bloom; Bases of Consumer Need of Financing, by Stephen B. Clark; Discussion: Refinancing Debts, Burr Blackburn; Budgeting Medical Services, C. Rufus Rorem; Cooperative Medical Service, Kingsley Roberts, M. D.; Adequacy of Service, C. R. Orchard. They are written for the consumer and others engaged in advising him regarding financial planning and management.

REORGANIZATION OF THE FEDERAL SOCIAL SERVICES. (The Organization Social Organization Service Review. Vol. 11, Sept. 1937, No. 3, pp. 472-489.) A review of the recommendations of Brookings Institution for government reorganization. Recommends that the Bureau of Home Economics remain in the Department of Agriculture, but that consumer interests might well be represented by an agency not engaged in advancing the interests of producers, and that this could be done by a Department of Welfare. It says that rural welfare work should remain in the Department of Agriculture.

STANDARDS OF RESIDENTIAL LIGHTING. Eugene W. Commery.
Equipment (American Architect and Architecture. Vol. 150, May
1937, No. 2657, pp. 63, 64, 65, 66, 67, 70, 71, 72.)

The introduction states: "The newest concept of good residential lighting has sprung recently from a background of scientific activity. Research has established beyond all question that light and the associated effort of seeing have a profound effect on the human being. It has also established the fact that this effect is mild or severe in relation to the quantity and quality of the light itself. The perfection of delicate photometric instruments has given a means of measuring light scientifically in terms of quantity. But the newest concept of good lighting extends this measuring technique in terms of lighting quality which involve elements of contrast, diffusion, location and balance. Quantity can be determined precisely. But measurement of these quality characteristics necessitates an evaluation of their individual contribution to a generally effective lighting result. And it is only from a knowledge of how these individual elements can be provided that standards of good residential lighting can be developed." Tells something of how these aims may be attained.

WHAT LIGHT FOR THE EYES. James E. Lebensohn. (Hygeia.
Equipment Vol. 15, November 1937, No. 11, pp. 974-976.) An
article on lighting for the health of the eyes. It
says in part: Ample light alone does not make good artificial lighting. A glareless field and correct distribution of brightness is needed. Lighting on the work should not be widely different from that of the surrounding field. Gives additional rules for good lighting: "The rooms of the sick and aged should not be too dim, for in those predisposed the resulting dilated pupil may provoke glaucoma. Those in rural districts should not be content with poor lighting. Practically every kind of illuminant can be so installed as to give excellent lighting. In special cases, as in handling threads, sharp shadows add to visual efficiency, and mirrorlike reflection may be of extreme value in inspecting marks on polished surfaces. In general, however, these effects of lighting cause glare and are to be avoided."

AN INVESTIGATION OF STUDENT STUDY LIGHTING. John O.
Equipment Kraehenbuehl. (University of Illinois Bulletin. Vol.
34, March 26, 1937, No. 60, pp. 5-35.) The study
shows that because of lack of understanding of the principles involved in good illumination, practically none of them are utilized in the lighting arrangements provided for mental work. Poor illumination is frequently responsible for drowsiness. Where conservation of electricity is of primary importance the droplight is better than the ordinary desk lamp. The bulletin explains how to get a good light.

Management WELLS OF DISCONTENT. A Study of the Economic, Social, and Political Aspects of the Chain Store. Charles G. Daughters. (Charles G. Daughters, New York, 1937, pp. XI + 370.) Some of the chapters deal with propaganda methods, lobbying practices, and buying practices of chain stores; the concentration of purchasing power and its relation to farm price; and comparative prices and efficiency of chain stores.

Management IMPLICATIONS OF EUROPEAN CONSUMER COOPERATION. Robin Hood. (Cooperative Journal. Vol. 11, March-April 1937, No. 2, p. 55.) Points out regarding European consumer cooperation that these cooperatives are "Big Business," they were entrenched prior to chain stores, government assistance plays a small part, they were started as a class protest, labor attitudes were generally favorable toward them, they are financially strong, consumer groups are not guiltless of abuses, and the movement is not a highway to Utopia.

Management MARRYING AGRICULTURE AND HEALTH: From a Report of the Information Section of the League of Nations on Nutrition. (Rural America. Vol. 15, October 1937, No. 7, pp. 9 - 10.) This article says in closing "The public health demands greater consumption, not restrictions on production. Governments are spending money on keeping up prices by a policy of restriction. Let us impress upon them that this money would be far better spent in increasing consumption. Restriction will neither save world agriculture nor improve national public health. Increased consumption will improve public health, will provide a market for agricultural produce, will create wealth. Here, then, is a first attack on, a first attempt to escape from the vicious circle. We can agree to teach people what they should eat to be healthy. Governments can consider how to provide for adequate supplies of protective foods to the unemployed and lower-paid workers. The possibilities of marketing in special areas at reduced rates can be studied, the advantages of supplementing the dietary of children by school meals and school-milk distribution can be taken into account."

Management MEN AT WORK. Harry Simmons. (National Laundry Journal. Vol. 58, September 1937, No. 8, pp. 392-394.) This article is interesting because it shows what salesmen are being instructed to tell women about their laundry services and why they should use them. Some of the things to tell them are regarding maintaining standards of living, saving their clothes, making their clothes look prettier, feel better, fit better, and tell the women what it means to a husband to maintain the American standard of living and to get a little more money for whatever he does, and what it means to a husband to work shorter hours for the same wages.

PHYSICAL AND PHYSIOLOGIC PRINCIPLES OF AIR CONDITION-
Housing ING. C. P. Yaglou. (The Journal of the American Med-
ical Association. Vol. 109, September 18, 1937, No. 12,
pp. 945-950.) Part two treats of winter air-conditioning and summer
air-conditioning, under the caption, Limitations of winter air condi-
tions. Says it is doubtful whether it will serve a useful purpose in
the average home. "Residential winter air-conditioning systems installed
at a price to compete with modern heating systems are inferior to the
latter and seldom give satisfaction. Unless a good system is installed,
there is nothing to gain and much to lose." The advantages of air-con-
ditioning are in circulating night air through the house, in filtering
pollen from the air, and in permitting the keeping of windows closed
to shut out noise. In many localities there is no great advantage in
air-conditioning in dwelling houses in comparison to the cost.

HOUSING COMES OF AGE. Edmond H. Hoben. (Journal of
Housing Home Economics. Vol. 29, October 1937, No. 8, pp. 521-
525.) States that the housing offered to the American
family of modest income has been so far beyond its means that the
ordinary house exhibited as an ideal home frequently holds more heart-
break than inspiration. Discusses problems involved in government sub-
sidies for housing. Closes by saying that home economists should join
with all other forward-looking groups in the long but all-important
campaign to make the American standard of living a fact rather than a
fancy.

BATHROOMS - UNIT PLANNING. Gerald K. Geerlings.
Housing (American Architect and Architecture. Vol. 150, May
1937, No. 2657, pp. 95-105.) Contains plans for bath-
rooms of various sizes and designed for various uses in the home.

FARM HOUSE DESIGN FOR ARCHITECTURAL BEAUTY. Rexford
Housing Newcomb. (Agricultural Engineering. Vol. 18, Octo-
ber 1937, No. 10, pp. 443.) The author outlines
factors to be considered in making a house of attractive design. He
says the English colonial type of house is suited to New England and
the bleaker situations in the Northern States, that in the Central
States a compromise between the Virginia style of house and other types
of housing is suitable. In the middle plains region the type is yet
to be worked out. The Spanish colonial type is suitable in Florida
and the Southwest.

VI 9
FEB 18 1938

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension
Washington, D. C.

No. 298

January 26, 1938.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Markets and Crafts NATURE CAN FURNISH THE MATERIALS. Catherine C. Coblentz. (Progressive Farmer. Vol. 52, August 1937, No. 8, p. 7.) This item lists products used in handicrafts exhibited at the meeting of the Country Women of the World in Washington, D. C.

Markets and Crafts CABLECRAFT DOILIES. Nettie Spoor Hanauer. (Country Gentleman. Vol. CVII, October 1937, No. 10, p. 55, illus. 2.) Tells how to make doilies similar to those made about 50 years ago from round corset laces, but using white cable cord.

Markets and Crafts CHRISTMAS NOVELTIES FROM NATIVE PLANTS. Julia W. Wolf. (Progressive Farmer. Vol. 52, September 1937, No. 9, p. 40.) Tells how to make Christmas center-pieces and other decorations from field plants and how to dip them in paints and tinsel. "...wild teasel, chicory, tansy, fall asters, giant dock, yarrow, milkweed pods, Queen Anne's lace, stout grasses, and the square-stemmed sedges found in dry places, are suitable. So are woodland plants from which one may get sprays of foliage with symmetrically arranged leaves. The foliage of maple, birch, oak, beech, and chestnut trees is particularly good. The seed pods of moosewood and the black alder's red berries are quite effective. Magnolia leaves are very popular. Some garden plants, notably chrysanthemums and artichokes - cornstalks too - offer good material, and ferns and evergreen branches are excellent."

Markets and Crafts COUNTRY WOMAN'S RUG BOOK. Ann Macbeth. (Manual Arts Press, Peoria, Ill., pp. 39, illus 29.) Contents: Looped rugs - hookie, prodded and locker; Embroidered rugs - Cross-stitch, Gobelin stitch, Hungarian stitch, Knitting stitch and Knotted stitch; Needletuft rugs - long-pile and short-pile; Woven rugs - Ellswater, Kalmack and Oriental pile; and, Design in rugs.

LEVELS OF LIVING OF THE NATION'S FAMILIES. Day
Management Monroe. (Journal of Home Economics. Vol. 29,
December 1937, No. 10, pp. 665-670.) A report of
some findings from the Study of Consumer Purchases, conducted by the
Bureau of Home Economics of the U. S. Department of Agriculture. This
study is part of a nation-wide survey undertaken by the Bureau as a
Works Progress Administration project in cooperation with the Bureau
of Labor Statistics of the U. S. Department of Labor, the National Re-
sources Committee, and the Central Statistical Board. The report says
in part: "One fact, however, stands forth clearly as a challenge to
all home economists. Levels of living could be raised by wiser spend-
ing.... Better food choices would enable many to achieve adequate diets
without increasing their expenditures, although added food dollars would
help.... there is great need for reaching more homes than we have here-
tofore and for making our teaching function more effectively in the
daily lives of those we now reach."

WHY WOMEN GET TIRED. (The Farmer Stockman. November
Management 1, 1937, p. 22.) A brief report of a study of what
causes women to become tired, made in New York State.
Ironing was voted the most tiring job, with washing a close second.
Dishwashing was voted the most unpleasant job. Better light for these
jobs helped to make them less tiring and less disagreeable.

HOW THE AUTO CHANGED OUR METHOD OF LIVING. (The United
Management States News. Vol. 5, October 25, 1937, No. 43, p. 23.)
This article says in part: "Under the impact of this
automotive expansion, family budgets are in a constant stir of adjust-
ment. Big cars, medium cars, and small cars, new and old - which shall
the family buy? Statisticians say there is more spent for automobiles,
including service, than for railroad transportation, for shelter, for
heat, or for light, or for any other item in the American family budget
with the exception of food.... The city people are moving, more and more
every year, out into the rural areas, buying farms or acreage, building
houses or rehabilitating old ones, and maintaining their homes in the
suburban or rural sections while working in the cities and towns."

EXCERPTS FROM TRANSCRIPT HEARING HELD JULY 15-16, 1937.
Management (How Much Heat. National Bituminous Coal Commission,
1937, Superintendent of Documents, Government Printing
Office, Washington, D. C., pp. 4-28, paper.) A report of evidence
given before the National Bituminous Coal Commission relative to the
establishment of standards of classification of bituminous coals.
Some tentative standards are given.

Food and THE ECONOMICS OF LAW - Income Diets. Helen L.
Nutrition Sorenson and Elizabeth W. Gilboy. (Quarterly Jour-
 nal of Economics. Vol. 51, August 1937, No. 4, pp.
663-680.) A report of a study of diets of low-income groups in urban
communities in Massachusetts. It includes data regarding calorie con-
tent, comparisons with scientifically determined diets, nutrition and
education, nutrition and income, and nutrition and agricultural policy.

Food and THE PRINCESS COOK BOOK. Jenny Akerstrom, translated
Nutrition and edited by Gudrun, Carlson. (Albert, Bonnies Pub-
 lishing Co., New York City, pp. X + 315, illus.) A
Swedish cookbook translated into English.

Food and THE NUTRITIONAL VALUE OF SPINACH. (The Journal of
Nutrition the American Medical Association. Vol. 109, December
 4, 1937, No. 23, pp. 1907-1909.) A report of a study;
with conclusions: "From the evidence available, spinach may be re-
garded as a rich source of vitamin A and as a contributor of vitamin
C, iron and roughage to the diet. It is therefore a valuable food.
While the total iron content of spinach is high as compared with other
vegetable foods, the evidence shows that this iron is not wholly avail-
able and is not well utilized by infants. Evidence regarding the amount
of the iron of spinach that is available to older children and adults
has not been reported at the present time. The calcium of spinach is
not well utilized by the organism because it is present largely in the
form of calcium oxalate, which is insoluble in the fluids of the ali-
mentary tract.... The evidence also shows that in young children and
in adults receiving diets adequate in calcium content, the inclusion
of spinach does not adversely affect the calcium metabolism."

Food and IS COPPER ESSENTIAL FOR IRON UTILIZATION? Lisabeth
Nutrition H. Beynon. (The American Journal of Physiology. Vol.
 120, November 1, 1937, No. 3, pp. 423-426.) A report
of a study of the utilization of iron in the presence or absence of
copper as it affects the formation of hemoglobin. Conclusions from
the data are: "... 1, copper is not an essential element in nutrition;
2, the excessive water content of fluid milk and its incorrect balance
of protein, fat, and carbohydrates makes it impossible for the animals
to eat sufficient food for growth and hemoglobin formation; 3, the
role of copper is to facilitate intestinal elimination."

Clothing and Textiles FULL FASHIONED HOSIERY. A. L. Brassell. (The American Silk and Rayon Journal. Vol. 57, September 1937, No. 9, pp. 18-20, 41-42.) Defines the term, "full-fashioned," tells about yarns used, and the construction of the yarn, the classification of this hosiery as to service, and how various effects in appearance and texture are attained, and how the bad ones are overcome.

Clothing and Textiles CLOTH DESIGNATIONS. Why Manufacturers Should Take Action. (The Wool Record and Textile World. Vol. 52, September 23, 1937, No. 1480, pp. 21, 28.) Suggests that textile fabrics made from wool should be given more descriptive designations with definite meanings instead of the few generic items like worsteds, tweeds, chevots, serges, and the like.

Clothing and Textiles BUY YOUR COAT BY THE YARD. Sarah Johnston. (Capper's Farmer. Vol. 48, October 1937, No. 10, pp. 41-42, Illus. 5.) This article gives detailed instructions for making a coat.

Clothing and Textiles REACTIONS OF THREE ALL-WOOL BLANKET FABRICS TO THREE TYPES OF LAUNDERING. Ruth E. Elmquist and Margaret B. Hayes. (American Dyestuff Reporter. Vol. 26, August 9, 1937, No. 16, pp. 469-476, Illus. with 6 graphs.) Summary and conclusions, in part:- "In general, both repeated laundering and service plus washing caused a decrease in strength-index, air permeability, sulfur, nitrogen, and resistance to bacterial attack, and an increase in weight per square yard, thickness, thread count, moisture, and methylene blue absorption and scale breakage. Laundry Process A using the cotton rib-washer was more damaging than Process C with the Y-pocket machine and the latter more than the squeeze-roll Process B. Every physical and every chemical test for measuring deterioration showed that wear plus laundering caused more damage than merely repeated laundering. "Shrinkage was found to be dependent on the fineness of the wool as well as on the laundry procedure."

Clothing and Textiles SERVICEABILITY OF FABRICS. F. R. Pierce. (Textile Recorder. Vol. LV, No. 651, June 1937, p. 30.) The author says that imitative tests of wearing quality are a delusion and a snare. Behavior in service is not the same; also, "Strength is a character so complex and so important that direct tests are necessary. The tensile test is insufficient, as tension itself contributes to the cohesion. Supplementary tests are necessary for resistance to disintegration by abrasion, bending, and oscillating tension. The microscopic cutting action of emery is not a suitable test for this character of coherency.... Test results are not direct measures of serviceability."

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UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension
Washington, D. C.

No. 299

February 2, 1938.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Child THE INFLUENCE OF PARENTAL ATTITUDES ON THE SOCIAL
ADJUSTMENT OF THE INDIVIDUAL. Helen Leland Witmer.

(American Sociological Review. Vol. 2, October 1937, No. 5, pp. 756-763.) The conclusions of the investigation reported in this study of effects of parental attitudes are "... that problem children, delinquents, pre-psychotics, manic-depressives, and schizophrenics are much more apt to have been subjected to adverse parental attitudes than individuals who are socially well adjusted; that the degree of maladjustment in parent-child relationships is the chief factor (among those studied) determining the results of social-psychiatric treatment; that the cycle of maladjusted individuals producing maladjusted children is sometimes broken by a marriage that shields the maladjusted one from the consequences of his early disappointments. In that these findings point to the same relationship between parents' attitudes and children's behavior as that which is described in Freudian theory, they may be taken as confirmation by other research methods of that theory's chief conclusion."

Child TOYS BUILD CHARACTER AND PERSONALITY. Herman N. Bundersen.
(Ladies Home Journal. Vol. 54, December 1937, No. 12, pp.

59-60, 62.) The author says modern health and education ideology approves the giving of toys at Christmas and that the things for children be more than something to bring them temporary gladness. They should have an influence on his life so that as far as possible he will be constantly happy. He says in part: "Toys make children happy. To be happy means to be adjusted to life; to be able to take life in stride; to be emotionally stable; to bear up under disappointment; to be a good sport; to be in proper mental equilibrium with life. In this sense, happiness is a positive, dynamic factor in child development. Happiness is not a reward, a special concession for good behavior. It is not merely a holiday phenomenon at Christmas or when the child goes on a picnic, or makes a monthly visit to grandma's. Happiness should be as constant through the year as it is possible for parents to provide it for the child So we do have every right to give the selection of the proper toys and play foremost consideration in the training of our children, from the very beginning of their lives."

SANITARY REGULATIONS FROM THE PEST CONTROL STANDPOINT

Health L. M. Graves. (Exterminators Log. Vol. 5, December 1937, No. 12, p. 6.) The author says: "Many of the sanitary

regulations of modern health departments are aimed at pests which are known, or suspected, to be responsible for disease transmission. Food and milk regulations carry provisions against flies, rats, roaches, etc. The presence of any of these vermin in a food or milk handling establishment is not only considered dangerous within themselves, but indicate a general lack of cleanliness on the part of the operator of such establishment which an efficient inspector will not tolerate.... In every sanitary code since the law of Moses there have been regulations relative to the safe disposal of human excreta. One of the chief purposes of these regulations is to protect this waste from flies, rats and other vermin which may transmit disease from it to well individuals. Laws requiring the isolation of persons suffering from communicable diseases recognize not only the necessity of preventing the exposure of well individuals but also the need for excluding vermin which may transmit many of the diseases."

MENTAL HYGIENE FOR YOUTH. Bruce B. Robinson. (Annals

Health American Academy Political and Social Science. Vol. 194, November 1937, pp. 100-110.) The author discusses incipient

mental disease, early origin of personality, disorder, inheritance of mental disease and personality traits, aids in personality development, as well as such factors as satisfaction, security, self-respect, and recreation. Of satisfaction the author says: "At the present time, few individuals grow up with enough satisfaction or are able to gain enough satisfaction in adult life. The community must study the needs of youth and work out a community-wide program for supplying more satisfaction. The community must build up the home, in various ways, so that it is able to give the youth greater satisfaction. Our public schools are woefully inadequate in their job of supplying to youth experience which gives satisfaction."

HEALTH INSURANCE. Frieda Wunderlich. (Social Research.

Health Vol. 4, November 1937, No. 4, pp. 509-514.) Several plans for health-insurance systems are outlined, including

group medical aid and health examinations. Most of the space is devoted to a plan by a Mr. Millis. It is shown how certain difficulties found in the various plans can be avoided.

NURSING IN THE HOME. Edna Lewis. (Hygeia. Vol. 15,

Health November 1937, No. 11, pp. 977-979, 1006, 1035.) General directions for nursing in the home are given.

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RECREATION--A PHILOSOPHY OF JOYFUL LIVING. Hugh M. Woodward. (Recreation. Vol. 31, January 1938, No. 10, pp. 587-590.) This article defines recreation as comprising "...all those activities which deliver to the individual an immediate cash value in satisfaction. They may be intellectual, they may be social, they may be aesthetic, or they may be physical. They all come within the meaning of recreation if they result in immediate satisfaction...."Leaders of recreation can render their greatest service at present in making clear to the public the content, scope, boundaries, and spirit of the recreation movement. When the general public, educators, municipal and State officials come to think of recreation as a movement to increase, organize, and make available to all groups of society and ever-increasing number of constructive activities designed to give immediate satisfaction and make life richer here and now, all necessary support will be spontaneous and enthusiastically offered. It will be hailed as a program designed to bring about the thing each individual consciously or unconsciously desires--a way of rich and joyful living."

MAKE YOUR OWN MARIONETTES. Helen M. Douglas. (Industrial Arts and Vocational Education. Vol. 26, December 1937, No. 12, p. 418-421, illus. 4.) Explicit directions are given for making marionettes of wood and papier mâché, that is, newspapers soaked in water and mixed with glue and flour paste.

SIZE AND COMPOSITION OF AMERICAN FAMILIES. Mildred Parten and Ruby J. Reeves. (American Sociological Review. Vol. 2, October 1937, No. 5, pp. 638-649.) This compilation of data shows trends in population since 1790 and the relation of these to location, country of birth, religion, income, occupation, education of the head of the family.

REPORTS OF NATIONAL RESOURCES BOARD WITH SPECIAL REFERENCE TO HUMAN RESOURCES. Earl S. Johnson. (Progressive Education. Vol. 14, December 1937, No. 8, pp. 651-654.) This report refers to declining birth rate and problems of education involved.

CONSERVATION OF HUMAN RESOURCES. Grace E. Frysinger. (Rural America. Vol. 15, November 1937, No. 8, pp. 3-6.) The author discusses our heritage, the effects of industrial development, human equations, population, leisure, religions, economic security, education, group and family organization, rural leadership.

Food and
Nutrition

THE MORE ABUNDANT DIET. James S. McLester. (Journal of the American Dietetic Association. Vol. 14, January 1938, No. 1, pp. 1-7.) How illnesses are made worse by injudicious restriction of food and the benefits that may be reasonably expected from a more abundant diet are subjects discussed. Protein restriction in treating Bright's disease, nephritis, hypertension and nephrosclerosis is often carried too far so that the life expectancy of the patient is seriously impaired. Typhoid also is discussed. There are indications that dental disease and infection and the avoidance of infection are aided by more abundant diets. Optimum overadequate diets increase vigor and feelings of well-being. The author says in closing that by an abundant diet he means one which "... both in sickness and in health will meet but not exceed the person's caloric needs and which is designed to provide as far as possible, in liberal excess of today's calculated requirements, all nutritive essentials, notably proteins and vitamins. The difficulties are obvious. To construct such a diet while shunning the dangers of obesity and avoiding the irritating effects of too much roughage is not easy, but with an intimate knowledge of food values and with attention to detail it can be done."

Food and
Nutrition

THE EFFECT OF FAMILY INCOME ON A CHILD'S GROWTH. Martha M. Eliot. (Medical Woman's Journal. Vol. 44, August 1937, No. 8, pp. 221-224.) This radio address concludes: "Adequate family incomes are indispensable if children are to have their right to a fair start in life and opportunities for normal growth and development. But income alone is not enough. It must be accompanied by more adequate organization of the Nation's resources to provide in rural and needy communities the health and social services, the schools and playgrounds that only the community can provide. Without a living wage for the father, without a mother who has learned how best to make the budget provide for the family's essential needs, especially the needs of children, without effective organization of community services, and without adequate relief for those who are unemployed through no fault of their own, including provision for medical care, it is inevitable that many children will fail in some respect to have the rights which have been recognized as those of every child 'regardless of race, or color, or situation, wherever he may live under the protection of the American flag.'"

Food and
Nutrition

THE NUTRITIVE SIGNIFICANCE OF THE AMINO ACIDS AND CERTAIN RELATED COMPOUNDS. W. C. Rose. (Science, n.s. Vol. 86, October 1, 1937, No. 2231, pp. 298-300.) This highly technical article points out some of the newer findings relating to amino acids and related compounds.

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UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension,
Washington, D. C.

No. 300

February 9, 1938.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Clothing and Textiles THE IMPORTANCE OF FEET. R. F. Ledger. (National Parent-Teacher, Vol. 32, December 1937, No. 4, pp. 22-23, 33.) An article on the selection and importance of good-fitting shoes of proper construction. It says it is the shoe that has been outgrown that is causing the most trouble today. Up to the age of 8 shoes are usually outgrown before they are worn out. It tells how high heels throw the youthful figure out of balance and cause ungraceful posture.

Clothing and Textiles WEARABILITY TESTS FOR FABRICS. Irene D. Blunt. (The American Silk and Rayon Journal, Vol. 56, November 1937, No. 11, pp. 13-15, 26.) This article says in part: "The woman of 1837 selected her dress after careful thought, in many cases on only one occasion a year. The woman of 1937 purchases several dresses at a time and cheerfully disposes of them quickly if she becomes tired of their appearance or if new styles come in. This change has brought about a definite merchandising problem in the distribution of textiles. When dresses were made from fabrics carefully selected by the wearer and cut and sewed by a dress-maker, there was careful consideration of the fabric and selection was often based on weight and wear rather than appearance. Price was seldom the first consideration. Today, with the vast ready-to-wear garment industry supplying millions of dresses a year to Miss and Mrs. America, dresses are frequently bought by price, then appearance, and last of all quality or wear. In the last year or so.... she is now.... demanding information about the textiles she buys, chiefly on points of their wearability.... What they really want to know, as I think we are all aware, is whether the color is fast, whether it will hold at the seams, whether it will dry-clean, whether it will fade in the sunlight, whether it will pull out over the knees or at the elbows."

Food and COMPOSITION OF CERTAIN BEEF CUTS AS AFFECTED BY GRADE,
Nutrition LOCATION IN CUT, AND METHOD OF COOKING. Miriam Rogers,
 Isabelle Gillum, Bernice L. Kunerth, and Martha S.
Pittman. (Journal of the American Dietetic Association, Vol. 13, No-
vember 1937, No. 4, pp. 320-324.) A report of a study which includes
four tables and shows effects of different factors on composition of
different cuts of beef.

Food and THE INFLUENCE OF DIET ON THE DISTRIBUTION OF BACTERIA
Nutrition IN THE STOMACH, SMALL INTESTINE, AND CECUM. J. R.
 Porter, L. Weinstein and L. F. Rettger. (Journal of
Bacteriology, Vol. 35, January 1938, No. 1, p. 72.) An abstract of
this paper which says in closing: "The 'normal' bacterial flora was
altered by certain types of diet. For example, high-protein diets
brought about an intestinal flora which was free from aciduric organ-
isms. An aciduric flora was again established in the intestinal tract
by the feeding of certain carbohydrates."

Food and COOKED MEATS AND POULTRY CLASSIFIED BY CHEMICAL COM-
Nutrition POSITION. Charlotte Chatfield. (Journal of the
 American Dietetic Association, Vol. 13, November 1937,
No. 4, pp. 312-319.) A report of a study made for purposes of dietary
calculations, in which cooked meats are classified according to charac-
teristics that can be judged and are related to chemical composition,
especially to protein and fat content. These characteristics are pro-
portion of fat and degree of dryness or of doneness. Eight classes are
set up.

Food and VITAMIN CONCENTRATES AND THEIR RELATION TO DIET. Marie
Nutrition V. Krause. (Medical Women's Journal, Vol. 44, June
 1937, No. 6, pp. 160-163.) The author discusses the
questions of how much of each vitamin is required for optimal protec-
tion and in what form can they most satisfactorily be supplied. The
necessity for a liberal supply of vitamins is accepted. She says the
concensus of opinion is that the natural foodstuffs rich in various
vitamins are the best source adequate for individuals in normal health.
Vitamins in the form of concentrates are valuable in cases of avita-
minosis, deficiency diseases, and in some instances of rapid growth,
pregnancy, and lactation. She then tells how the physician should
utilize vitamins.

Food and A 15-SECOND WAY TO FIX CHICKEN FOR BROILING. W. A.
Nutrition Denissen. (The American Restaurant Magazine, Vol. 20,
 November 1937, No. 11, p. 49, illus. 6.) Six steps in
the dressing of a chicken for broiling are shown in six illustrations
with brief titles for each.

FARM AND HOME BUILDING PLANS. Deane G. Carter.
Housing (Progressive Farmer, Vol. 52, November 1937, No. 11,
p. 54, illus. 3.) This item calls attention to plans
for farm and home buildings put out by Arkansas Experiment Station.

HANGING WALLPAPER OVER PLYWOOD. Burr Gregory. (Amer-
Housing ican Builder, Vol. 59, December 1937, No. 12, pp.
53-58, illus. 12.) Instructions for hanging wall-
paper on plywood walls are given in this article. Covering the ply-
wood with felt paper is desirable both as a sound deadener and as an
insulator as well as to prevent the cracking of the paper.

NO ROOM FOR A DATE. Frances Moller. (National
Housing Parent-Teacher, Vol. xxxii, December 1937, No. 4,
pp. 10-11.) A story which points out the importance
of privacy in the form of a den or another living room when there are
adolescent girls in the family.

SPATTER YOUR OWN FLOORS IN THE OLD NEW ENGLAND WAY.
Housing Constance Winde. (The American Home, Vol. 19, January
1938, No. 2, p. 16, illus. 1.) This short article
tells how to finish floors in an old-time manner. After a floor is
painted and dry, paint of another color is spattered over it by means
of a whisk broom hit over a piece of wood.

LIVING ROOMS OF LOW-INCOME FARM FAMILIES OF MISSISSIPPI.
Housing Dorothy Dickins. (Journal of Home Economics, Vol. 29,
December 1937, No. 10, pp. 702-709.) This study was
made in Mississippi in both Negro and white homes. The scale used for
scoring the homes is given. The "practical significance of the re-
sults" given are: "This study gives a simple method of using the
equipment and condition of the living room as a means of measuring the
socio-economic status of the farm family. It indicates that such status
may be raised by increasing the cash available for family living, by
increasing the amount of schooling, and by making ownership of land
more easily attainable."

THE CONSUMER IN 1938. Charles S. Wyand. (Consumers' Digest, Vol. 3, January 1938, No. 1, pp. 57-61.) This article tells how merchants are utilizing the "consumers' movement" as a sales idea. The use of scientific jargon to please the consumer without giving away any trade secrets is being tried; and there are no royal roads to efficient buying. It says among other things: "Try as we may we cannot escape the fact that the consumer who would be an efficient buyer must rely primarily on herself, on her own training, her own knowledge, her own perseverance."

Management ARE YOU GETTING AHEAD? James J. Wallace. (The Farmer's Wife, Vol. 41, February 1938, No. 2, pp. 9, 16, 18.) An article on planning the family's farm and home business. It says it is not only a good plan to take stock of the past 10 years but to plan now what you will have to show for the next 10. The steps given for this are: "First, get the facts on income from your business.... Second, study your business to find out how you can increase your net income.... Third, get all of the information possible about the 'business cycle' and see how it may affect you.... Fourth, find out what your necessary family expenses are. Keep household expense accounts.... Fifth, now that you know what your income is and what it is costing you to live, set up a plan for the best use of the money left over.... Sixth, in making a family financial plan, husband and wife must have sympathy for the other's problems."

Management FARM GIRLS--1937 MODEL. What They Think of Marriage, Cookery, Education, Politics, and Religion. (Arizona Producer, Vol. 16, November 1, 1937, No. 16, p. 20.) This is a brief report of a Nation-wide survey made by General Foods to find out the views of American girls between the ages of 18 and 25 on such questions as: "How much income should a newly wed young farmer and his bride have to live on? How many babies should they have? How should his bride compare with his mother as a housekeeper?" Some of the results show that four-tenths preferred to live in a small town, one-fourth on a farm, and one-third in a city. "More country girls seem interested in cookery than city girls; for while fewer than half of the city girls said they had learned in colleges or schools how to prepare meals and buy foods for the family, 62.1 percent of rural girls had taken such courses, and nearly four out of five rural girls said they had used this education in their own homes A fifth of the rural girls estimated that \$25 was the smallest weekly income that any young couple could get married on and get along. More than a fourth said \$20, and 16.9 percent said \$15 a week. The lowest guess was \$2.50; the highest \$80 a week. One girl said, 'A young couple can get along on love.'"

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension
Washington, D. C.

No. 301

February 16, 1938

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

EDUCATION FOR THE AGRICULTURE OF TOMORROW. M. L. Wilson. (Progressive Education, Vol. 14, October 1937, No. 6, pp. 422-429.) The author says in part: "Agriculture needs, therefore, for its scientific groups, its producers, and the related groups, a better general education program.... There is no doubt a limit to the degree to which we are justified in institutionalizing the training for constructive participation in society. In all probability a well-organized home is still the best place to learn how to participate in that particular group, the family, and in that social institution, the home."

CHEMISTRY USED IN FOODS AND NUTRITION COURSES. Viola Maria Bell. (The Ohio State University, Columbus, Ohio, 1936, pp. 84, paper.) This report shows the chemical terms with which recent high-school graduates are likely to be familiar.

EDUCATIONAL, PSYCHOLOGICAL, AND PERSONALITY TESTS of 1933, 1934, and 1935. Oscar K. Buros. (School of Education, Rutgers University, New Brunswick, N. J., 1936, pp. 83.) A bibliography.

SCIENCE EXPERIENCES WITH HOME EQUIPMENT. Carleton John Lynde. (International Textbook Co., Scranton, Pa., 1937, pp. XII + 226, illus, 200.) Describes how to perform 200 different scientific experiments, using household equipment, which concern atmospheric pressure, flying, air streams, compressed and expanded air, water pressure, etc. This is not a home-economics book.

Food and DIETETICS SIMPLIFIED. The Use of Foods in Health and
Nutrition Disease. L. Jean Bogert and Mame T. Porter. (The
 Macmillan Co., New York, 1937, pp. 637.) Discusses
nutritive requirements both qualitative and quantitative of the human
body and the diet for normal individuals from infancy to old age, in-
cluding family dietaries. Takes up diet for diseased conditions. The
preface says the authors have attempted to present thoroughly scientific
facts in nontechnical language.

Food and RELATION OF INCREASED VITAMIN B (B_1) INTAKE TO MENTAL
Nutrition AND PHYSICAL GROWTH OF INFANTS. Martha G. Colby, Icie
 G. Macy, Marsh W. Poole, Brenton M. Hamil, Thomas B.
Cooley. (American Journal of Diseases of Children, Vol. 54, October
1937, No. 4, pp. 750-756.) A study to determine the nutritive advan-
tage of an increased intake of vitamin B on a group of children given
monthly medical examinations. "If it appears from the data thus far
statistically treated that there were few differences between the two
groups as to the resultant gross bodily growth, it is perhaps signifi-
cant that certain fine metabolic processes which may directly affect
the nervous system were apparently affected, viz., the hemoglobin con-
tent and the efficiency of utilization of milk. Certainly on the
structural aspect of nerve tissues there is an increasing accumulation
of experimental data. Though they do not always agree as to the spe-
cific cause, and sometimes disagree as to the location, histologic
studies converge at least on one point - that a diet defective in vita-
min B is accompanied by serious pathologic changes in the nervous system
.... All available data on vitamin B seem to indicate some close inter-
action in the infant between the metabolism and the development of ex-
ternal behavior. The nature of this interaction can be shown only by
further and more highly controlled observations."

Food and THE NORMAL DIET AND HEALTHFUL LIVING. W. D. Sansum,
Nutrition R. A. Hare and Ruth Bowden. (The Macmillan Co., New
 York, 1936, pp. 243.) The foreword says: "In the
earlier chapters of this book is presented a discussion of the essential
food substances, where they are found, and the purposes they serve. The
physiology of digestion and absorption, leading to a study of metabolism
or the use of foods within the body, is sketched. How to aid the body
to function normally in expelling usable residue is told, while point-
ing out the dangers of using cathartics and other unnatural means. The
presentation of underweight and overweight as both being unfavorable to
the maximum enjoyment of health, is made with the hope of encouraging
moderation in eating. Some consideration is given to the growth and
development of the teeth, as being influenced by the food eaten. Water
may not be thought of as a food, but one cannot live without it. Sev-
eral angles of this subject are presented.... Suggestions on planning
the family menu follow in the appendix, with sample menus of some dif-
ferent types of diets."

Clothing and THE FOUR HUNDREDTH ANNIVERSARY OF ASUNCION. Alice L.
Textiles Raine. (Bulletin of the Pan American Union, Vol. 71,
December 1937, No. 12, pp. 885-891, Illus. 8.) Con-
tains an illustration of four lace motifs. The caption says: "This
lace, for which Paraguay is famous, is made with needle and thread on
a cloth tightly stretched on a square embroidery frame. The whole
piece and the major parts of the design are outlined, and the lace-
maker fills in each until freehand, using one of the many figures which
all workers know. The motifs are stylized from local flora and fauna;
the four shown here represent a parrot's beak, an ibis, a scorpion, and
a turtle. When the lace is finished, the cloth is cut away."

Clothing and CRITICISM OF THE ORDINARY SHOE. Dexter D. Ashley. (Medi-
Textiles cal Record, Vol. 146, December 1, 1937, No. 11, pp. 490-
493.) A criticism of the ordinary and the therapeutic
shoe. Expresses the views of men recognized in the shoe trade who wish
to make better shoes. No particular shoes produced are promoted or
mentioned in the articles in which this is one of a series. Explains
the function and ideal construction of flanged heel-piece, undercut
heel-piece, wedged or raised heel, thickness of the wedge, and pitch -
moderate or full. It explains how women's low-heeled shoes and men's
shoes may be as bad as high-heeled shoes. It describes a good shoe for
the boy or girl of 8 or 10 years.

Clothing and A SCIENTIFIC ASPECT OF CARPET WOOLS. Walter Krauss.
Textiles (Rayon Textile Monthly, Vol. 18, October 1937, No. 10,
pp. 64-65, Illus. 3.) Discusses the color, quality,
length of staple and other characteristics of carpet wools produced in
various countries and explains the differences between carpet and cloth-
ing wools. About 28 percent of the material used in the manufacture of
carpets in the United States is wool. The article is to be continued in
a later issue.

Clothing and YOUR SHOES AND YOUR FEET. Doris D. Klaussen. (Unit
Textiles Study Book No. 201, American Education Press, Inc., 1934,
pp. 35.) A very elementary booklet about shoes and feet,
describing the bones in the feet, the kind of shoes and stockings to
wear, exercises for feet, the shoes worn by our forefathers, kinds of
leather and its preparation, and the making and mending of shoes.

Equipment APPROACHING DAYLIGHT. Virginia Hamill. (Woman's Home Companion, Vol. 64, November 1937, No. 11, pp. 78, 131.) Suggests how to furnish and decorate a house in harmony with present-day standards for healthful lighting. Good effects are produced by using paints and fabrics to produce high lights and contrasts which make for interest and variety.

Equipment SANITY IN PAN SIZES. Raymond K. Stritzinger. (The Northwestern Miller and American Baker, Vol. 14, December 1, 1937, No. 12, pp. 16-19, 70.) Tells how bakers have found that too large a pan and some of those designed to give an illusion of size do not make as high a quality of bread as those which for a time were considered standard size pans. Also contains information about marketing practices.

Equipment DATE HEATING SEASON ENDS IN A NORMAL YEAR. (Heating and Ventilating, Vol. 34, November 1937, No. 11, p. 43.) Contains a map of the United States and a list of 100 cities showing when the heating season ends.

Equipment NOW YOU CAN HAVE GALLONS OF SOFT WATER. Mabel Stegner. (Better Homes and Gardens, Vol. 16, October 1937, No. 2, pp. 39, 112-113.) This short article explains how water softeners like Zeolite act.

Equipment NEW TRICKS WITH OLD FURNISHINGS. Velma Carson. (Better Homes and Gardens, Vol. 16, December 1937, No. 4, pp. 80-81, Illus. 1.) Tells how to make old keepsakes pay their keep by putting them to new uses such as afghans for wall hangings, sleigh bells to ring the family in to dinner, the old-fashioned condiment castor on the dressing table to hold toilet supplies, a vinegar jug for water on the bedside table, and pillow shams for card-table covers.

Equipment OIL HEATING HANDBOOK. Han A. Kunitz. (J. B. Lippincott Co., Philadelphia, 1937, 2d edition, pp. X + 464, Illus. 16.) A manual of theoretical and practical considerations entering into the manufacture, installation, and use of oil burners in moderate-sized heaters. It includes tables, diagrams, and data, and is intended as a handbook for builders and others. The parts of the book are entitled: Oil Burner System and Classification; Combustion; Heating and Heating Systems; Survey and Installations; Retail Selling; and forms, tables, and terminology.

VI 3

MAR 10 1938

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension
Washington, D. C.

No. 302

February 23, 1938

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

DESIGNS FOR LIVING AND LEARNING. Mary E. Gross.
Education (Progressive Education, Vol. 15, January 1938, No. 1, pp. 10-11.) Lists and discusses the things that young men and women wish they had been taught and outlines units for teaching these subjects. The information wanted includes: "...more about family relationships, child care, getting along with people, interpreting the news, news writing, paying off a small mortgage, household mechanics, politics, local government, the chemistry of food, carpentry, how to budget and live within a budget, the value of insurance, how to figure interest when borrowing money and paying it back in installments, how to enjoy opera over the radio, how to detect shoddy goods, how to distinguish a political demagog from a statesman, how to grow a garden, how to paint a house, how to get a job, how to be vigorous and healthy, how to be interesting to others, how to be popular, how to be thrifty, how to resist high pressure salesmanship, how to buy economically and intelligently, and the dangers of buying on the installment plan." The units to teach are called: "Social Arts; Appreciation of Scientific Methods; Consumer Education; Job Analysis and Vocational Guidance; Personal Efficiency and Practical Psychology; Civic Responsibility; school, home, church and community; Music and Art Appreciation; Remedial Work; Testing; The Fine Arts...The purpose of this basic course is of a two-fold nature. We look forward to a well-rounded young person who is capable of holding his own in society, and who has faith and the right attitude toward his fellow man."

QUALIFICATIONS FOR COMMUNITY WORKERS IN HOME ECONOMICS AND
Education NUTRITION. (Bulletin of the American Home Economics Association, Series 20, November 1937, No. 2, pp. 6-9.)
Outlines the activities of home economics or nutritionists in health and welfare agencies and then outlines the educational requirements and experience needed for jobs with different degrees of responsibility.



- Food and Nutrition making. WHERE THERE'S A KNACK THERE'S A RULE. Mary B. Bookmeyer. (Better Homes and Gardens, Vol. 16, December 1937, No. 4, pp. 34, 69, 72, illus. 4.) Gives hints helpful in candy making.
- Food and Nutrition THE QUEEN OF CAKES. W. E. Broeg. (Bakers' Helper, Vol. 68, October 16, 1937, No. 841, pp. 632-634, 664, illus. 3.) Gives some hints for reconditioning dried and glace fruits for fruit cake, the retardation of staling of the cake itself, and the treatment of it to prevent mold.
- Food and Nutrition BUYING HOUSEHOLD GOODS BY CONTRACT. Lita Bane and Ruth Crawford Freeman. (Journal of Home Economics, November 1937, No. 9, pp. 598-602.) Contains a long table showing the weights in grams of one cup of each of many kinds of food and also for some other measures. A cup of fresh bread crumbs weighed 46 grams and a cup of honey 338 grams. Other foods varied between these two extremes.
- Food and Nutrition THE CALCIUM AND PHOSPHORUS CONTENT OF VEGETABLES. Isabel Noble and Evelyn G. Halliday. (Journal of Home Economics, Vol. 29, November 1937, No. 9, pp. 637-640.) A report of a study of calcium and phosphorus content of vegetables, the summary of which says: "The calcium and phosphorus content of a number of market vegetables have been determined before and after cooking. On the whole, the retention of these minerals was high, many of the vegetables containing after cooking 85% or more of their original calcium or phosphorus. Some vegetables gained small amounts of calcium when cooked in Chicago city water, which contains on the average 30 p.p.m. of calcium. For the most part the samples of vegetables were lower in calcium and phosphorus than the averages compiled by Sherman." A table shows the calcium and phosphorus content of vegetables both raw and cooked.
- Food and Nutrition THE COMPARATIVE NUTRITIVE VALUES OF GLUCOSE, FRUCTOSE, SUCROSE AND LACTOSE WHEN INCORPORATED IN A COMPLETE DIET. H. H. Mitchell, T. S. Hamilton and Jessie R. Beadles. (The Journal of Nutrition, Vol. 14, November 1937, No. 5, pp. 435-452.) Conclusions: "When sucrose, fructose, and lactose constitute 60 percent of the diets of growing rats, these diets being otherwise complete, the digestibility of the organic nutrients of the diets, as compared with that of diets containing equal concentrations of glucose, is distinctly impaired, the impairment being least for sucrose, intermediate for fructose, but by far the greatest for lactose."

Health

THE BIOLOGICAL SURVEY'S OBJECTIVES IN RAT CONTROL. D. D. Green.
(Exterminators Log, Vol. 5, November 1937, No. 11, pp. 15-16.)

Describes rat-control work, and says in part: "Through information obtained from more than 14,000 replies to questionnaires the economic loss to farmers in the Northeastern and Midwestern States will average \$35 per farm annually. Since this figure is taken from statements of farmers who took part in anti-rat campaigns it is undoubtedly too high. Taking all farms into account, however, experience indicates the average annual loss to be at least \$10 per farm or about \$63,000,000 for all farms in the United States....One of the prime essentials in successful rat control is organization, and the Biological Survey is in position to render effective service in this particular....In certain parts of the United States - especially in Alabama, Georgia, and Texas - endemic typhus has for many years been a seriously disabling disease, and from 1931 to 1933 it increased at an alarming rate. As a result of intensive investigations at the bedside, in the field, and in the laboratory, the Public Health Service has found that endemic typhus has an animal reservoir, chiefly in the common rat, and that under suitable conditions the disease is transmitted from rat to man by rat fleas. Bubonic plague is also spread by rats and in several of the Western States it now occurs in a number of native rodents as well. Other diseases can also be spread by rats. The control activities, therefore, have a dual purpose - to prevent economic waste and to promote public health. The rat problem is also of more than individual concern, because in many localities the rat population is inordinately large."

Health

YEAST-LIKE FUNGI ISOLATED FROM NORMAL SKINS. Charles C. Croft and L. A. Black. (Journal of Bacteriology, Vol. 35, January 1938, No. 1, pp. 36-37.) An abstract. Cultures made

from scrapings of skin and nails of one hundred normal people show that more yeastlike fungi were found on the hands which were moist much of the time, that is, those of kitchen workers and housewives. Known pathologic yeasts were not found on the tips of normal fingers examined, but in cases of pathological conditions they were found.

Health

SAFETY FIRST - The 1938 Slogan for America's Homes. Alwyn W. Knight. (Hygeia, Vol. 16, 1938, No. 1, pp. 11-14, illus. 5.)

States that during 1936 more persons were killed in accidents in their homes than were killed on highways. Of the accidents in homes, 38,500 were fatal, and in addition 170,000 persons were mutilated. The causes were, falls in bathtubs, slipping on carpets, poisoning through carelessly leaving such things as lye and medicine in reach of children. Many accidents are due to mischief making and stupidity. It describes how some accidents happen which could be prevented.

THE NUTRITIONIST AND THE HEALTH OF THE COMMUNITY. W. H.

Extension Sebrell. (Journal of the American Dietetic Association, Vol. 13, November 1937, No. 4, pp. 305-311.) This article says of extension workers: "The nutritionists of the agricultural extension services are to be especially complimented on the great progress they have made with the rural people in many areas. It is necessary that someone extend the work beyond this limited group to every family that needs it, and to add the authority of the health officer to this teaching of the prevention of disease. The public to a considerable extent is aware of the importance of proper food to health and well-being, and unless a source of accurate information is available to them they are likely to be unduly influenced by unreliable commercial sources."

RESEARCH NEEDED FOR EXTENSION WORK. Minnie Price. (Journal of Home Economics, Vol. 30, January 1938, No. 1, pp. 11-14.)

Extension Points out need for research on status and conditions of people to be reached, program content, and supervision. It says in part: "Our philosophy of education affects our teaching methods also. Students graduating from college and going into extension work have practically no concept of desirable procedure in extension teaching. Ten years ago we deplored the method of handing out information in spoonfuls. Yet that method has continued in use in varying degrees to this day. This is partly because many adults want a rule-of-thumb. On what occasions and with what subject matter and by what methods should we endeavor to lead a homemaker through her own thinking process to her own answer?"

AGRICULTURAL LEADERS' DIGEST. (Agricultural Leaders' Digest, Vol. 19, January 1938, No. 1, pp. 23, 26-27.) Contains brief items: Home Cake Baking Continues, by Clara Pratt, County

Extension home demonstration agent of Lubbock County, Tex.; The Farm Housewife Becomes an Electric Engineer, by Helen Noyes, Home-management specialist of the Michigan State College; Try Dry Skimilk in Your Favorite Recipe, by Ruth M. Dawson, extension nutritionist of the State College of North Dakota.

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension
Washington, D. C.

MAR 10 1938

No. 303

March 2, 1938

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Management FARMERS ON RELIEF. Irving Lorge. (Survey, Vol. 73, November 1937, No. 11, pp. 348-349.) A discussion of the report of Berta Asch and A. R. Mangus of the eighth study of the Works Progress Administration called Farmers on Relief and Rehabilitation. It shows needs and amounts of relief received.

Management TECHNOLOGY, CORPORATIONS, AND THE GENERAL WELFARE. Henry A. Wallace. (The Univ. of North Carolina Press, Chapel Hill, 1937, pp. 83.) This book presents the philosophy of the Secretary of Agriculture, regarding planning for the "general welfare."

Management NATIONAL BEDDING STANDARDS - TO PROTECT AGAINST DISEASE AND FRAUD. J. Davis Donovan. (Industrial Standardization and Commercial Standards Monthly, Vol. 8, November 1937, No. 11, pp. 296-301, illus. 2.) States that 17 States and the District of Columbia regulate the sale of bedding, tells how these laws are enforced, and explains the need for national standards.

Management HOME FINANCE - How You are Rated for Mortgage Insurance. (Economic Forum, Vol. 4, October 1937, No. 2, pp. 54-59, illus. 4.) Tells of the work of the Federal Housing Administration in protecting mortgages with insurance to assist families building homes.

Health COOPERATION OF THE BUREAU OF ENTOMOLOGY AND PLANT
QUARANTINE WITH PEST CONTROL OPERATORS. Lee A. Strong.
(Exterminators Log, Vol. 5, November 1937, No. 11, pp.

9-10.) This article by the chief of the Bureau of Entomology gives considerable attention to household pests and says in part: One of the complaints that frequently reaches the Bureau on termite damage is the lack of permanency in treatment of many of the commercial concerns. The home owner objects to methods which are not fully effective and that require him to be subjected to the annoyance of repeated applications of the treatment often within the time covered in the guarantee. In too many cases, lack of effectiveness is due to inefficient work. . . . Termite proofing is not being followed in the smaller type of building, particularly residential property, to the degree which its importance justifies. The Bureau of Entomology and Plant Quarantine says of the control of bedbugs: "Hydrocyanic acid gas should be used only by a well-informed person, preferably by a professional fumigator or exterminator. . . . professional insect exterminators can fumigate with safety individual rooms in congested areas with one of the reasonably safe mixtures of carbon dioxide. . . with ethylene oxide, methyl formate, or methyl bromide; sprays must be brought into contact with the bugs; and to accomplish this nothing is better than power sprayers operated by professional insect exterminators."

Health CONTAMINANTS OF COMPRESSED BAKER'S YEAST. D. R.
Colingsworth and I. L. Baldwin. (Journal of Bacterio-
logy, Vol. 35, January 1938, No. 1, p. 69.) The ab-
stract says: "Commercial yeast cakes were found to contain from 4 to
100 'black yeast' cells per gram."

Health THE TEACHING OF BODY MECHANICS IN PEDIATRIC PRACTICE.
Clifford Sweet. (The Journal of the American Medical
Association. Vol. 110, February 5, 1938, No. 6,
pp. 419-426.) Explains not only the importance of good posture, but
tells how to stand, walk, etc., with the least muscular effort and why.
It is written for the physician but contains information of use to
others. It says in part: "The military posture is not a normal pos-
ture but only an incidental upright posture designed for quick start-
ing. The ideal upright posture is (1) feet parallel at a comfortable
distance apart with the weight voluntarily shifted toward the fifth
metatarsal bone if pronation is marked; (2) the pelvis rotated anter-
iorly; (3) full extension of the dorsal and cervical portions of the
spine, with consequent elevation of the chest and the head, and (4)
the weight carried slightly forward."

Food and GREEN COLOR IN COFFEE ICINGS. Helen Knowlton.
Nutrition (Journal of Home Economics, Vol. 30, January 1938,
 No. 1, p. 26.) A report of a study made to determine
why coffee turns icing a green color. The summary says: "A green
color appeared in cooked coffee icings made with white of egg, which
is alkaline. The color did not appear when eggless fondant frosting
was made with or without acid. Only a trace of color was seen in un-
cooked frostings when baking soda was added. . . . No green color ap-
peared in cooked coffee icings made with white of egg when the mix-
ture was rendered acid by cream of tartar, by lemon juice, by vinegar,
or by using brown sugar which contains acid. Apparently the green
color is due to ferric tannate. The tannin is present probably as
caffetannic acid in the coffee."

Food and NUTRITIONAL WELL-BEING AND LENGTH OF LIFE AS IN-
Nutrition FLUENCED BY DIFFERENT ENRICHMENTS OF AN ALREADY
 ADEQUATE DIET. H. C. Sherman and H. L. Campbell.
(Journal of Nutrition, Vol. 14, December 10, 1937, No. 6, pp. 609-620.)
A progress report of a study of factors in diet that may lengthen life.
The conclusions to date appear to show that: "Thus it appears that
the three factors which were increased in greatest ratio when the
already adequate diet A was modified to constitute the nutritionally
better diet B, i.e., calcium, vitamin A, and riboflavin, have all con-
tributed to the improvement in nutritional well-being and resultant
health and longevity."

Food and THE NUTRITIVE VALUE OF THE PROTEINS OF NUTS IN
Nutrition COMPARISON WITH THE NUTRITIVE VALUE OF BEEF PROTEINS.
 H. H. Mitchell and Jessie R. Beadles. (Journal of
Nutrition, Vol. 14, December 10, 1937, No. 6, pp. 597-608.) This study
shows: "In digestibility and in biological value, the proteins of beef
round are superior to those of any of the nuts studied; generally the
difference in biological value is great, representing an improvement
over the nut proteins of 25 to 50 percent. The difference in digesti-
bility is not great, when beef proteins are compared with the proteins
of the peanut, the Brazil nut, the cashew nut, or the almond. However,
the proteins of the pecan are relatively indigestible, 71 percent,
while those of the English walnut are 84 percent digestible. These
facts should be considered in making any comparison of the nutritive
value of meats and nuts, for example, the statement sometimes made
that nuts are 'meat substitutes.'"

THE INFLUENCE OF ARCHITECTURE AND DECORATION ON
Equipment RESIDENCE LIGHTING. Mary Stoy Vaughan. (Transactions
of the Illuminating Engineering Society, Vol. 32,
November 1937, No. 9, pp. 906-932, illus.) The introduction says: In
discussing the relationship between architecture and decoration and
the design of lighting equipment, it is necessary to set up some method
of checking on the existing situation. From the fixture and lamp
markets it is comparatively simple to discover the most popular types
of merchandise, and from the illuminating engineering viewpoint, this
equipment leaves much to be desired. Residence lighting equipment
must be developed which will keep pace with the steady progress in
other branches of interior design. In an effort to bring the interior
designer and the illuminating engineer to a closer understanding, a
double standard of technical and aesthetic considerations is submitted,
in this article, and a survey of some available equipment is presented,
which illustrates the application of the proposed standard.

ELECTRICAL ENGINEERING TEXTS. Parry Moon. (McGraw-
Equipment Hill Book Company, Inc., Publishers, New York and
London, 1936, pp. V + 608.) "This book is an out-
growth of mimeographed notes which have been used for a number of years
in teaching illuminating engineering at Massachusetts Institute of
Technology. . . .as an introductory text on the engineering of light-
ing, based on physics, and comparable with the really fine texts which
have been available in electrical engineering." Title chapters are:
"Abbreviations used in bibliographical references; Fundamentals; The
spectroradiometric curve; Luminous flux; Radiation from gaseous-
conduction sources; Radiation from incandescent sources; Incandescent
lamps; Measurement of light; Illumination from point sources; Illumi-
nation from surface sources; Short cuts in calculating illumination;
Elements of lighting design; Vision; Color; Design for seeing." This
is a highly technical book. The chapter on Design for seeing, is of
interest to home economists.

NEW SPACE IN OLD CUPBOARDS. Bess M. Rowe. (Pro-
Equipment gressive Farmer, Vol. 41, January 1938, No. 1, p. 22,
Illus.) With four illustrations and a few words of
description, this article shows how the space in kitchen and dish
cupboards may be utilized to greater advantage.

SOFT WATER. Bess M. Rowe. (The Farmer's Wife,
Equipment Vol. 41, February 1938, No. 2, p. 34.) An article
giving instructions for softening or getting soft
water.

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension
Washington, D. C.

MAR 21 1938

No. 304

March 9, 1938.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Education CASEBOOK OF RESEARCH IN EDUCATIONAL PSYCHOLOGY. Edited by Sidney L. Pressey and J. Elliott Janney. (Harper & Bros., 1937, New York, London, pp. VII + 432.) Compiled reports of research in educational psychology helpful in the study of this subject. The editors say: "In their search for material they have time and again been delightfully surprised at some bit of investigation unfamiliar to them, and not commonly mentioned in the literature. They hope in this volume to share these discoveries, and their zest in them, with students." These deal with such general topics-as health, interests, and incentives, social adjustment, emotional stress, intelligence, individual differences, fatigue, attitude, and transfer of training.

Education WHY DOESN'T EDUCATION EDUCATE? Otis R. Randall. (School and Society. Vol. 47, January 8, 1938, No. 1202, pp. 33-37.) This article states: "The professor sees little ground for worries so long as his students pass his examinations with satisfactory grades. It is hard to make these scholarly gentlemen realize that the precious subjects which they teach have no lasting value. They are nothing more than tools temporarily employed in building a permanent structure which is to stand long after the tools have been forgotten. Still another error will be observed in connection with the processes of instruction. We are inclined to overlook the fact that there is such a thing as self-instruction and that no education of real value is to be acquired without it. Too often we assume that students on account of their immaturity and inexperience are incapable of thinking and acting for themselves and that whatever is to be accomplished in the way of their education rests entirely on the shoulders of the teacher."

PERSONALITY STUDIES OF SIX-YEAR-OLD CHILDREN IN CLASSROOM
SITUATIONS. A. Munkres. (Bureau of Publications, Teachers'
College, Columbia University, New York, 1937, pp. VII + 181.)

Child

The introduction says: "This study consists of personality pictures of 6-year-old children in classroom situations. The problem set is twofold: (1) To discover whether or not children reveal distinctive personality pictures in the give and take of classroom situations; and (2) to develop a method of observation which may be used in the training of teachers.... The observations were made in public, private, and church schools which ranged from most formal to most informal type....The children studied were 6 years of age, with the exception of one child who was just completing her fifth year, and were selected with the intention of getting as much variation as possible within the group of those considered usual or ordinary....the areas of experience which might yield responses of greatest significance for personality were: Social relationships; work relationships, position in group, emotional responses, and special manifestations such as nervous habits." The personalities of the children are described.

TWINS: A Study of Heredity and Environment. Horatio H.
Newman, Frank N. Freeman, and Karl J. Holzinger. (Univer-
sity of Chicago Press, 1937, pp. XVI + 385.) A report of

Child

a study of twins over a period of 10 years. Concludes: "The farther one penetrates into the intricacies of the complex of genetic and environmental factors that together determine the development of individuals, the more one is compelled to admit that there is not one problem but a multiplicity of minor problems - that there is no general solution of the major problems nor even of any one of the minor problems. For any particular genetic and environmental set-up it is possible by the methods presented in this book to determine what fraction of the variance is due to genetic or to environmental differences. In another set-up this fraction will undoubtedly vary. We feel in sympathy with Professor H. S. Jennings' dictum that what heredity can do environment can also do." The final chapter contains: ".... a summary of the facts themselves in as objective a manner as possible, and....a statement of interpretation which is sufficiently guarded to be acceptable to those having a somewhat different bias toward the problem." The parts of the book are: "Introduction and biological aspects; Comparison of fifty pairs of identical and fifty pairs of fraternal twins; Study of nineteen pairs of identical twins separated in infancy."

TOYS FOR CHILDREN. Ruth Peck McLeod. (Hygeia. Vol. 16,
January 1938, No. 1, pp. 42-43, 89, illus. 4.) Cautions
against giving children many presents at one time and

Child

advises about their choice and care.

Food and
Nutrition

THE RELATION OF PROTEIN TO HEMOGLOBIN BUILDING. P. B.
Pearson, C. A. Elvehjem and E. B. Hart. (Journal of
Biological Chemistry. Vol. 119, July 1937, No. 2, pp.

749-763.) The article states: "The evaluation of dietary proteins for hemoglobin formation in nutritional anemia, when amounts of copper and iron adequate for optimal regeneration are fed, has received little consideration. Indeed, the extensive use of liver preparations in the treatment of secondary anemias makes a systematic study of this problem desirable." A systematic study, conducted at Wisconsin Agricultural Experiment Station, is summarized as follows: "Studies were made of the effect of nine different proteins on the rate of hemoglobin regeneration in nutritional anemia. The proteins of liver, casein, egg albumin, and soybean oil meal are consistently effective in building hemoglobin. When the intake of iron and copper is adequate to permit hemoglobin formation at the maximum rate, no special hematopoietic property in addition to their protein content can be ascribed to any of these materials. There is no evidence that liver is more effective for hemoglobin formation than are proteins of good quality. Rat blood permitted excellent hemoglobin regeneration, but the growth response was somewhat inconsistent. Corn gluten meal and wheat gluten are poorly utilized by the animal for both the formation of hemoglobin and growth....It is clear that the formation and maintenance of normal hemoglobin values is more vital than growth and that the animal will utilize its body proteins for this purpose, provided adequate amounts of iron and copper are fed. When the dietary protein is either qualitatively or quantitatively inadequate for growth, the rate of hemoglobin regeneration is significantly retarded."

Food and
Nutrition

SURVIVAL OF THERMOPHILIC FOOD-SPOILAGE ORGANISMS IN
STORED WHITE BEET SUGAR. H. H. Hall. (Journal of
Bacteriology. Vol. 35, January 1938, No. 1, p. 75.)

An abstract which says: "Periodic examinations of stored white-beet sugar showed decreasing numbers of spores of thermophilic food-spoilage organisms. Examination of sugars by the National Canners Association methods showed that the spores of *Bacillus stearothermophilus* Donk are the predominating type and that they are sometimes present in numbers exceeding the limits established for sugar of canning grade. Storage of sugar for several months after its production often results in the fatality of sufficient spores to improve its quality to that of canning-grade sugar. The influence of containers, original contamination and sugar impurities were considered as being causes for the decreasing numbers of spores during storage."

Equipment UTILITIES ADD 160,000 NEW FARM CUSTOMERS - AVERAGE BILL SLIGHTLY LOWER WITH HIGH USAGE - 1938 CONSTRUCTION DOWN. (Electrical World. Vol. 109, January 15, 1938, No. 3,

pp. 90-91.) This report of electrical development in rural areas says: "During 1937 the public-utility companies of the United States took electric service for the first time to 160,000 farms....The total is now 1,200,000 or 27.7 percent of all farms having dwellings in excess of \$500....R.E.A. estimates that at the end of 1937 approximately 50,000 customers were receiving energy from lines financed by R.E.A. funds. The total number of farms receiving service is therefore approximately 1,250,000 - 28.8 percent of the farms with dwellings valued in excess of \$500....If we add to this figure the 280,000 farms reached by utility lines which, however, do not yet utilize the service, the total having service availability becomes 1,530,000 and the percentage 36.3....Influences of great weight in reducing this total for 1938 construction have been: First, the difficulty now being experienced by utilities in getting new money; second, the difficulty in finding any but thin territory for 1938 extensions; and, third, the pressing need for finding some way of building up earnings on present rural lines. For every 4 1/3 farms now receiving electric service, there is another farm reached by the utilities' lines which is not availing itself of the service. Furthermore, the average farm bill (for farms east of the 100th meridian) dropped in 1937 from \$48.65 per year to \$48.50, the lowest figure in at least 10 years."

Equipment THE INFLUENCE OF ARCHITECTURE AND DECORATION ON RESIDENCE LIGHTING. Mary Stoy Vaughan. (Transactions of the Illuminating Engineering Society. Vol. 32, November 1937, No. 9, pp. 933-954, illus. 11.) The introduction says: "This paper treats the lighting specifications of a modern house in which the fullest possibilities of electrification were sought by the owner. The luminaires, their principal dimensions and wattages used, are illustrated or described along with the resulting brightness values which prevail in a number of the important spaces. The author points out the value of making such measurements in creating a new outlook and a fuller understanding of the limitations and possibilities of lighting; also in creating a more factual approach to residential problems."

Equipment STORING THE CANNED FOOD SUPPLY. Martha McPheeters. (Progressive Farmer. Vol. 52, December 1937, No. 12, p. 39, illus. 2.) Tells how to plan and build shelving to store the foods put up during summer months. The lower shelves are for root vegetables or uncooked fruit.

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UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension, APR 5 - 1938
Washington, D. C.

No. 305

March 16, 1938.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Organization PROCEEDINGS OF THE THIRD TRIENNIAL CONFERENCE OF THE ASSOCIATED COUNTRY WOMEN OF THE WORLD. (U. S. Govt. Printing Off., Washington; D. C., 1937, pp. V + 309, paper cover.) Reports in detail the conference held at Washington, D. C., in 1936. Contents include lists of those present, minutes of various sessions and discussions, addresses and reports.

Organization "PROGRAM CONTROL" IS EASY WITH THOSE STOP AND GO SIGNALS FOR SPEAKERS! Rudolf W. Staud (World Convention Dates, Vol. 22, December 1937, No. 10, pp. 8, 36.) A suggestion for warning speakers at meetings by flashing on an amber light meaning 5 minutes before the time to close, and a red light for a signal to stop.

Organization BUSINESS MANAGEMENT AND THE SCIENTIFIC POINT OF VIEW. Harry Arthur Hoph. (Engineering Journal, Vol. 20, December 1937, No. 12, pp. 841-848.) An address which points out some of the difficulties that people fall into because they are too busy or become too tired or are too indifferent to think things through and state them clearly. It also tells how to organize work with the help of science. The author says in part: "A business executive who does his work scientifically is more valuable to his company than one who, however well he may be natively endowed, allows rule-of-the-thumb methods and unsupported thinking to permeate his activities."

Organization IMPROVING HOME LIFE BY EDUCATION. Lillian Shaven. (The Countrywoman, Vol. 4, November 1937, No. 45, p. 14.) The author describes how nutrition is taught through extension methods in New York State.

Clothing and Textiles TESTS FOR PHYSICAL PROPERTIES OF FIBRES. Charles J. Huber. (Textile Research, Vol. 8, January 1938, No. 3, pp. 93-106). A technical article on testing fabrics. At present there is a lack of reference standards for tests. Most of the tests referred to cannot be used in the home for lack of equipment.

Clothing and Textiles HANDKERCHIEFS IN HISTORY. (Wisconsin Agriculturist and Farmer, Vol. 64, January 1, 1938, No. 1, p. 14.) This short item gives the history of handkerchiefs. It says new handkerchiefs should be washed before using and that: "Today the handkerchief is a practical necessity and with discriminating people it is automatic to put a few fresh ones in the pocket or purse daily. Children should be cautioned not to use them as desk dusters or shoe wipers but to reserve them for the purpose for which they are intended. While most people like pretty handkerchiefs of delicate linen or lawn, satisfactory ones can be made of well-washed flour and sugar bags or from discarded sheets and other left-over materials. Not the fabric but its absolute cleanliness is the most significant practical fact about a handkerchief."

Clothing and Textiles JUST AS GOOD AS NEW. William Palmer. (The National Cleaner and Dyer, Vol. 28, December 1937, No. 9, pp. 28, 30, 85-86, illus. 3.) Tells how to mend garments by reweaving. It says in part: "In true reweaving the threads are taken from the seams and concealed portions of the garment itself and are actually woven into the damaged place in the exact pattern of the garment....These repair threads must extend a generous half-inch or so into the sound fabric. Reweaving is always done from the reverse side of the fabric, and these repair threads are kept under the sound fabric as much as possible. The expert reweaver runs her needle in and out of the under or inner side of the sound threads themselves, so that each repair thread is actually sewn onto its sound counterpart without showing on the outer surface. If all the repair threads after crossing the damaged area were to be submerged under the sound fabric at an equal distance from the edge of the damaged area, the extra tightness of the repair and sound threads crossing each other would make a stiff ring around the damaged area that would be quite noticeable to any observant person. To avoid this the 'submerging' points of the threads are staggered quite appreciably, so that such stiffness as may still exist would be noticeable only to a blind man or a counterfeiter. Finally, to add to the security of the whole job and prevent possible shifting, a piece of silk is blind-stitched on the back of the whole area."

Food and Nutrition GOOD YEAST BREAD IS LIGHT BREAD. Lola Clark Pearson. (The Farmer Stockman, January 15, 1938, pp. 16-17, illus. 9.) Explains how to make and bake bread.

Food and Nutrition GOOD THINGS COME IN SMALL PACKAGES. (Forecast, Vol. 54, January 1938, No. 1, pp. 22-24, 46, 48, illus. 3.) Describes anise, caraway, cardaman, coriander, cumin, poppy, and sesame seeds and tells how to use each of them in food.

Food and Nutrition EDUCATION IN NUTRITION BY PRIVATE AGENCIES. James A. Tobey. (American Journal of Public Health, Vol. 27, November 1937, No. 11, pp. 1124-1128.) This article begins by saying: "A thousand and one sources of information on various aspects of human nutrition now seem to be available to harassed health officials, physicians, nurses, social workers, school teachers, and others who desire or need practical data on this important subject. Some of these luminaries, particularly the school teachers, are literally bombarded with dietary propaganda, the acceptance and use of which may or may not be advantageous and wise. Despite this amazing profusion of real and alleged educational material on diet, most of the persons in the professional groups mentioned need reliable facts about the relation of food to health, since comparatively few of them display any precise or extensive knowledge of this topic....Some of the available information on dietetics is trustworthy; some of it is on the borderline of reliability; some of it is misleading and prejudiced, but not necessarily dangerous; and some of it is not only unreliable, but perverted, dishonest, and injurious. In the first category, that of authenticity, is the dietary information emanating from such official or quasi-official agencies as the Federal Government and most of the State governments, from the League of Nations, and from the leading universities; and that coming from such unofficial and private agencies as medical and public-health associations, social welfare organizations, ethical trade associations, honorable business concerns, some of the leading popular magazines, a relatively few of the existing consumer organizations, and many individual scientists of standing....Selection of dietary truisms and rejection of those which are lopsided is not always an easy task for the uninitiated. Scientists themselves sometimes make mistakes. Even a Nobel prize winner may display weird ideas of nutrition, ideas that are not strictly in accord with established facts, and there is at least one distinguished physicist who has succumbed to the erroneous and impossible notion that proteins and starches should not be mixed in the diet....Industrial organizations interested in the promotion of the public health should create a commercial health council to set technical standards for their material, and to coordinate their activities with those of official and voluntary national health agencies."

Markets and LEARNING TO USE LEISURE WISELY. E. L. Kirkpatrick
Crafts and Agnes M. Boynton. (Rural America, Vol. 15,
December 1937, No. 9, pp. 15-16.) Tells of the
leisure-time activities demonstrated at the 1937 Country Life Asso-
ciation meeting which included leathercraft and finger painting.

Markets and MAKING MOCCASINS THAT REALLY FIT. Maurice H. Decker.
Crafts (Popular Science Monthly, Vol. 131, August 1937, No.
2, pp. 91, illus. 11.) Patents, measurements, and
instruction for putting the parts of these moccasins together are
given in this article. The materials for making moccasins which can
be used for hunting, hiking, and camp use are: One piece of heavy
oil-tanned leather 12 by 22 in., 3 yards of 1/8 in. lacing, and
one pair of 3/16 in. thongs for ties.

Markets and A STATEMENT CONCERNING COUNTRY ARTS. M. L. Wilson.
Crafts (Garden Digest Home Acres Edition, Vol. 10, January
1938, Part 2, pp. 14-16.) The author says of the
values of crafts: "By the practice of household crafts, rural
people in many areas are enabled to procure for themselves articles
which they could never afford to buy.... and supplement their agri-
cultural income.... during off seasons.... the practice of the
crafts fosters moral and social values. It fosters habits of
thoroughness and painstaking workmanship. It develops taste and
a love for things done well and thoughtfully. It enriches life by
increasing the perception of the beauties that can be ingrained
into the objects of everyday life. It releases the creative urge,
and rewards it with the deep sense of satisfaction that comes from
a job well done....It is possible that a greater importance should
be attached to the human values represented in these country arts...."

Markets and INEXPENSIVE WEAVING LOOMS. R. H. Jenkins. (Indus-
Crafts trial Arts and Vocational Education, Vol. 27, Feb-
ruary 1938, No. 2, pp. 62-64.) The first of a
series of articles on looms which are to appear in this magazine.
It explains the making and use of cardboard looms which are practi-
cal for making handbags, purses, and textiles for other small
articles.

Markets and HOW TO MAKE A LAMP SHADE IN A PROFESSIONAL WAY.
Crafts Helen Ufford. (Pictorial Review, Vol. 39, Febru-
ary 1938, No. 5, pp. 40-41, illus. 7.) Gives de-
tailed instructions for making a lamp shade.

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1938

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension
Washington, D. C.

No. 306

March 23, 1938.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Social CONSERVING THE BEST IN RURAL LIFE. E. L. Kirkpatrick and Agnes M. Boynton. (Rural America, Vol. 15, December 1937, No. 9, pp. 3-6.) Subtopics discussed are: Land and its uses; Youth, jobs, and relief; Leisure and its uses in crafts and hobbies; Rural art and nature study; Music, folk games, and drama; Neighborliness and community spirit; and Home and family. In closing the paper says: "The purpose of conservation is to keep the resources so abundant that people may live happily, progressively, and with a reasonable degree of security. The major emphasis should rest on the most effective use of all resources for the 'building of a civilization finer than the world has yet known.' The human phases with their cultural aspects and varied activities are of prime importance in the consideration of conservation and rural life."

Social OPPORTUNITIES FOR RECREATION IN THE NATIONAL FORESTS. Harold L. Curtiss. (Recreation, Vol. 31, January 1938, No. 10, pp. 591-595, illus. 2.) Tells about the extent of forests, and about facilities for recreation to be considered.

Social THE PEOPLE ON THE LAND. Dwight Sanderson. (Rural America, Vol. 16, January 1938, No. 1, pp. 3-6). Discusses the numbers of rural farm families and rural nonfarm families and where the greatest amount of relief is needed.

Social THE ABINGDON PARTY BOOK. Ethel Owen. (The Abingdon Press, publishers, New York, p. 365, illus.) Describes in detail 35 kinds of parties. Invitations, games, and menus are suggested.

Clothing and "CAN'T SELL WOMEN PROPER SHOES," RETAILERS COMPLAIN.
Textiles (Women's Wear Daily, Vol. 56, January 4, 1938, No.

2, p. 22.) This article says: "Must give customer what she wants to be successful in business, whether it is good for her or not, some merchants say at Shoe Fair Fitting Clinic." This was the conclusion reached by the National Retailers Association at a recent meeting when they discussed the problems of educating people to wear comfortable, well-constructed, good-fitting shoes. The article also says: "A survey of 2,000 children in Pasadena, Calif., showed 87 percent of the girls and 84 percent of the boys had bad feet."

Clothing and SIZE STANDARDIZATION DREAM NEARS REALITY. Harry
Textiles Berlfein. (Women's Wear Daily, Vol. 55, December 28, 1937, No. 126, p. 74.) Discusses the desirability of proper size control for ready-made garments. Reviews what has been done in this field, cites causes of misunderstanding, and what has been done in other trades. Describes the study of measurements of children that has been outlined for the Bureau of Home Economics and closes with: "While the bureau is checking the growth of children to give average measurements, the infants' and children's committee of the National Retail Dry Goods Association and the United Infants' and Children's Wear Association have proposed a set of size ranges that they are now working out. The result is intended to do away with size overlapping and minimize the conflict in girls' and children's sizes."

Clothing and STANDARDS NEEDED IN CONSUMER GOODS. P. G. Agnew.
Textiles (Women's Wear Daily, Vol. 55, December 28, 1937, No. 126, p. 83.) Stresses the importance of standards to facilitate the purchase of merchandise. This volume says in part: "Standards are really an adjunct to language. They help buyer and seller to a common understanding of the usability, wearability, and cleanability of the merchandise under consideration. Some of these standards are unwritten, simple, and crude, often being no more than a two-party understanding, such as "like the one bought last time." It says that the making of the necessary studies and compiling a dictionary of standard terms and the specifications will take a long time.

Clothing and UNSHRINKABLE WOOL. A. J. Hall. (Textile World, Vol. 87, No. 13, December 1937, pp. 76-77, illus. 3.)
Textiles Describes a process for making hose unshrinkable. The illustration shows the extent to which several hose have shrunk on being washed.

Food and STUDIES IN DECORATING. Charles "Al" Brandt. (Bakers'
Nutrition Weekly, Vol. 96, November 20, 1937, No. 8, pp. 45-46,
 illus. 2.) The first of a series of articles on the
art of decorating a cake.

Food and SOME PREVIEWS OF AN ANALYSIS OF AMERICAN DIETS. Hazel
Nutrition K. Stiebeling. (Medical Women's Journal, Vol. 44,
 November 1937, No. 11, pp. 313-317.) A report of
some of the findings of a study of family incomes and expenditures
being conducted by five Government agencies. Questions answered are:
How much do families spend for food? What do families get for their
food money? How good are family diets from the standpoint of nutrition?
A plan for a moderate-cost diet is outlined to assist housewives.

Food and BASAL METABOLISM OF OKLAHOMA MEN AND CHILDREN. Olga
Nutrition Nalbandov, V. G. Heller, Evelyn Krause, and Daisy I.
 Purdy. (Journal of Nutrition, Vol. 15, January 10,
1938, No. 1, pp. 23-26.) Since the basal metabolism of women in the
Southern States has been found to be lower than the standards of DuBois
or Benedict set for them in northern areas, this study was made to see
if the same is true for men and children in Oklahoma. Conclusions were:
"1. The basal metabolism of Oklahoma men is lower than the DuBois
standards, the average of 75 normal men being - 5.63 percent deviation
from the DuBois is normal. 2. The basal metabolism of Oklahoma chil-
dren agrees with the northern standards while they are very young but
gradually becomes lowered with increasing age, as shown in these child
studies and in the results of younger men reported, and for girls pre-
viously reported from this laboratory."

Food and FAILURE OF ABUNDANT SUNSHINE TO PROTECT AGAINST RICKETS.
Nutrition C. Ulysses Moore, Jessie Laird, A. J. Thornton, Alex M.
 Lesem, and Olive B. Cordua. (American Journal of Dis-
eases of Children, Vol. 54, December 1937, No. 6, pp. 1227-1238, illus.)
A report of a study made to find what relationship rickets have to cli-
mate. Areas chosen were in the cloudy northwestern part of the Pacific
coast at Portland, Oreg., and the sunny southwestern part at San Diego,
Calif. Conclusions reached after a clinical study of 943 5-year-old
children were: "From these data it appears: (1) that under modern
living conditions abundant sunshine does not furnish adequate protec-
tion against rickets and (2) that the universal adoption of some inex-
pensive dietetic antirachitic preparation is desirable."

HOME MECHANICS FOR GIRLS. J. C. Woodin. (The
Equipment McCormick-Mathers Company, Wichita, Kans., pp. III +
121, illus.) A manual for use in schools. Contents
are: Working drawings; The squaring process; Sharpening of kitchen
knives; Re-gluing furniture; Applying paint, Varnish and enamel;
Cleaning paint and Varnish brushes; Finishing of wood and refinishing
of furniture; Household upholstery; Care and upkeep of hardwood floors;
Care of linoleum; Plaster patching; Repair of window and door screens;
Door locks and hinges; Window shade; Electric service with safety;
Reading meters; Repair of electrical cords; Care and upkeep of house-
hold motors; Electrical trouble shooting; Electric flatiron; Vacuum
cleaner; Electric range; Gas stove; Sanitation of bathroom and kitchen;
Hot-water system; Care and upkeep of plumbing; Care of silverware;
Evolution of artificial lighting; Lighting the home.

CHOOSING A LAMP. (Michigan Farmer, Vol. 189, January
Equipment 15, 1938, No. 2, p. 26.) Points out the importance
of selecting lamps with care and tells a few things
to keep in mind when choosing them. "...the same voltage for bulb
or lamp and the socket gives the greatest efficiency. Also interior
frosted bulbs are to be preferred. The white bulb gives the greatest
percentage of light. The bulb which will last for any period of time
must be of first quality...Greatest efficiency is obtainable from the
white light interior shades. The darker the wall, the more intense
the wattage of the bulb or lamp must be. White walls reflect 84
percent of the light, while cream walls reflect 68 percent and brown
only 27 percent of the light. For the new eyesight-conservation lamp,
table study lamps of 100 watts should be approximately $26\frac{1}{2}$ to $31\frac{1}{2}$
inches high, with a reflecting bowl of approximately 8 inches circum-
ference. The diameter of the shade at the bottom should be from 16
to 19 inches. Floor study lamps of 100 watts should stand from $56\frac{1}{2}$
to $61\frac{1}{2}$ inches tall, have an 8-inch diameter bowl, and a 16-to-19-inch
shade measured at the bottom. Table study lamps of 50, 100, and 150
watts at the uniform specified height give best service with 9 $\frac{3}{8}$ -inch
diameter reflection bowls and 16- to-19-inch diameter shades. End
table lamps should measure approximately 23 inches in height, with
an 8-inch diameter reflection bowl and a 14-inch diameter shade."

MORE THAN A LAUNDRY. Mrs. Grace Watkins Hockett.
Equipment (American Agriculturist, Vol. 135, January 29, 1938,
No. 3, p. 28, illus. 2.) Tells how a room convenient
for laundry work and sewing was arranged and equipped, which could be
easily transformed into a play or study room for the children. This
was in a farm home.

APR 18 1938

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension
Washington, D. C.

VI 3

No. 307

March 30, 1938.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Personal FOUNDATIONS OF CHARACTER AND PERSONALITY. George Herbert Betts. (Bobbs-Merrill Co., New York, 1937, pp. III + 371). Chapters are: "Meaning of character and personality; Social adjustment and mastery; Maladjusted personalities; The perverse personality; Physical foundations of personality; Selective responses in social situations; Basic motives in conduct; Early patterns of social behavior; Attitudes as motives; Ideals as motives; Beliefs and knowledge as motives; Social codes as standards of behavior; Self-criticism and moral compulsion, Integration of character and personality." The author says among other things every mother should know that a child who constantly shows unhappy traits is in danger of having his personality marred. Fretting, crying, and fits of temper often indicate the beginning of physical conditions which produce discomfort, and if children are not given relief their personalities suffer. There is danger of permanent effects if the illness is of long duration.

Personal ART OF BEING A GOOD BOSS. A. M. Ferry. (Nation's Business, Vol. 25, December 1937, No. 12, pp. 36-38, 100-101.) This article says the desire to be a good boss is probably the first necessity. It mentions some things about which to be cautious. Employees want security, better pay, more leisure, chance to air grievances, sense of importance, and pride in occupation. The same principles which have proved best in dealing with children should be followed with adults.

Personal THE CARE AND FEEDING OF MOTHERS. Alberta Armer. (Child Study, Vol. 15, November 1937, No. 2, pp. 43-45, 63-64.) Emphasizes the need for emotional security on the part of mothers and discusses the problems of attending to duties of child care while developing her own life. Mothers should be given more recognition as individuals.

FREQUENCY OF CHOICE OF PLAY MATERIALS BY PRE-SCHOOL

Child CHILDREN. Marion Still McDowell. (Child Development, Vol. 8, December 1937, No. 4, pp. 305-310.) A report of a study of play materials of different types used by 2- and 3-year-old boys and girls. Materials for playing house ranked first for the entire group. Other popular playthings were slides, wagons, clay, seesaw, books, and dishes. Concludes with: "This is a report of a study in which the interests in play materials of boys and girls of pre-school age were investigated. A table of the preferences shown by the children in 32 toys, coming under 7 different classes, is given. This should be helpful to parents and others wishing to choose toys which children of 2 or 3 years of age would enjoy."

CHILD PSYCHOLOGY. Fowler D. Brooks and Laurance F.

Child Shaffer. (Houghton Mifflin Co., Boston, [c1937] pp. XXX + 600.) Chapter headings are: "Problems and methods of child psychology; Origins of child behavior; Principles of learning; Behavior of infants; Growth in bodily size; Development of physical and motor capacities; Language; Development of mental functions; Growth of intelligence; Emotional behavior; Problems of emotional behavior among children; Motivation during childhood; Social development of children; Children's character and children's religion; Personality traits; Their measurement and development; Personality adjustments of children; Child hygiene; Organization of traits; Prediction, guidance, and control of child behavior."

PERSONALITY DEVELOPMENT IN CHILDREN. Ernest J. Chave.

Child (University of Chicago Press, Chicago, Ill., [c1937] pp. IX + 364.) The author says in the preface: "This book seeks to give a comprehensive picture of the factors involved in the developing personalities of children. It proceeds upon the basis assumption that there are three main influences working together to shape the lives of these growing persons: (1) heredity, (2) environment, and (3) the growing self. Many partial studies have been made of personality at different age levels and of characteristics of children's behavior under particular conditions, and these present an increasing body of data vital to any intelligent direction of the educational process." The book brings together these findings and other elements which are relevant to an understanding of character and personality. Chapters are: "How personality grows; The part heredity plays; The organic basis; Intellectual factors; Dynamic factors; Play and playmates; Home influences; School experiences; Growth in moral discrimination; Significance of religion; The handicapped child; Maladjustments; Methods of studying personality in children; Integration through community cooperation."

TEACHING PURPOSES AND THEIR ACHIEVEMENT. Leonard John
Education Nuttall. (Charles Scribner's Sons, New York, [c1936] pp.
V + 290). Defines teaching and its aims and makes sug-
gestions for gaining the interest of the pupils. Also discusses the
lecture method and discussions as means for presenting subjects.

DISCIPLINARY VALUES IN INDIVIDUALIZED EDUCATION. B. R.
Education Buckingham. (School and Society, Vol. 27, January 22,
1938, No. 1204, pp. 97-104). Discusses the question of
transfer of learning by saying: "I do not propose to support in this
year of grace the conception of formal discipline from which a revolt was
staged in the late nineteenth century, but I do not believe that all the
things that were said against it were true. More specifically, the
milder successor to formal discipline, known as transfer of training,
cannot in reality be denied. Learning done at one time and in one place
has its effect at other times and in other places; and it is astonishing
that any theory should have denied this. As a matter of fact, it is
difficult to see how mental life could go on without a transfer. The
mere fact that a skill or an attitude learned in situation A does not
manifest itself automatically in situation B, similar enough to make it
appropriate, does not at all mean that the learning is ineffective in
situation B. The skill or attitude may be learned in situation B much
more easily and quickly than would be the case if it had not been learned
in situation A - and that is transfer, as indubitably as though the
learning sprang into full form and vigor in the B situation."

THE WANDERING I. Q. Thomas R. Henry. (Journal of the
Education National Education Association of the United States, Vol.
27, February 1938, No. 2, p. 41.) "A child may change
from a high-grade moron to a genius in a few years. Current conceptions
of the stability of the I. Q., to which great significance is attached
in most school systems, were torn to shreds before the psychological sec-
tion of the American Association for the Advancement of Science here
today by Dr. Beth I. Wellman, professor of psychology at the University
of Iowa....He studied 147 waifs taken from their own parents and placed
in foster homes. Both the fathers and mothers were, for the most part,
of low grade intellectually. Nearly 40 percent of them, it was deter-
mined by intelligence tests have I. Q.'s below 80, close to the level of
feeble-mindedness. Only 13 percent were slightly superior to the average.
The children were placed in superior homes. Not a one was below normal
in intelligence after a period of adjustment. Sixty-five were intel-
lectually superior. Forty-one were on the genius level."

Food and Nutrition HOW TO MAKE CANDY. Walter W. Chenoweth. (The Macmillan Company, New York, 1936, pp. VII + 212, illus.) Contains discussions of the theories and science which underlie the practices of candy making and recipes.

Food and Nutrition DIETETICS FOR THE CLINICIAN. Milton Arlanden Bridges. (Lea and Febiger, Philadelphia, 1935, pp. V + 970.) A text on diet written for use in schools of medicine.

Food and Nutrition THE DETERMINATION OF THE PROTEIN REQUIREMENTS OF MAN. L. Leitch and J. Duckworth. (Nutrition Abstracts and Reviews, Vol. 7, October 1937, No. 2, pp. 257-267.) Reports an examination of the present knowledge of protein requirements of man and says in conclusion: "The protein requirement for maintenance in adults on a mixed diet including animal and plant proteins is estimated at about 50 g. daily. Evidence is presented which indicates that an intake considerably above this level may be required for the maintenance of health and for a high state of physical training. No evidence has been found to show that high protein intake is harmful. The protein requirement of children is estimated (a) on the basis of supplying 15 percent of the calorie intake, and (b) on a scale derived from recent Russian metabolism studies, in which optimum retention has been sought, the results being graded against weight increments in the growth tables chosen as standards. The requirement so estimated increases steadily from 35-50 g. at 1-2 years to 150-160 g. at 16-17 years. In view of the comparisons presented above, the position cannot be considered satisfactory, and further metabolism work, comparing intakes with retention so as to find optimum intake, is urgently required."

Food and Nutrition THE TROUBLE SHOOTER. (Northwestern Miller and American Baker, Vol. 15, February 2, 1938, No. 2, pp. 59, 62.) Lists 152 causes of trouble in bread such as, What causes lack of volume, too much volume, crust color too pale, crust too dark, blisters on crust, crust too thick, shell tops, lack of break and shred, and gray crumbs. Also what to do about each.

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension,
Washington, D. C.

APR 10 1938

No. 308

April 6, 1938.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Extension AGRICULTURAL LEADERS' DIGEST. (Estes P. Taylor, Editor and Publisher, Vol. 19, February 1938, No. 2, pp. 34.)
Contains a report from Esther Pond, of Washington, on "Local Dealers Work with Agents to Show Model Farm Kitchen," and from Marjorie Eastman of Michigan on "Home Demonstration Agents Assist Sewing Groups in Michigan."

Extension HOME ECONOMICS AND THE AGRICULTURAL PROGRAM. Kathryn Van Aken Burns. (Journal of Home Economics, Vol. 30, February 1938, No. 2, pp. 73-76.) A copy of an address delivered at the meeting of the Association of Land-Grant Colleges and Universities in 1937.

Extension THE RURAL COMMUNITY AND ITS SCHOOLS. Charles D. Lewis. (American Book Co. New York, 1937, pp. VII + 411.)
Contents are: The background of the rural problem; Factors that have brought about a rural problem; Advantages and disadvantages of the rural community; The development of education in the United States; The rural education situation today; Organization of rural education; Financing of rural education; Providing and maintaining adequate school plant; Organization of the school unit; Organization of the multiple-teacher rural school units; The consolidated school; The rural school curriculum; Rural high school curriculum; Selection and training of rural teachers; Selection and training of rural teachers (continued); Securing and maintaining efficient instruction; Developing a supervisory program; Studying state, county, and local conditions; Obligations of the rural school to community; The rural school and other educative agencies; What rural schools have done for other lands; A look to the future.

Equipment PLUMBING ENGINEERING. Walter S. L. Cleverdon. (Pitman Publishing Corp. New York, 1937, pp. V + 445.) This book begins with preliminary studies of water supply including chemical actions as well as mechanical appliances and continues with sewage treatment, disposal, and like subjects. Consideration is given to the water supply and sewage disposal in rural homes.

Equipment FACTORS IN THE ECONOMICAL OPERATION OF AN ELECTRIC REFRIGERATOR. V. Enid Sater. (Journal of Home Economics, Vol. 30, February 1938, No. 2, pp. 111-113.) A report of research which showed the effect of opening the door of the electric refrigerator on the power used and also on effects of freezing water and different desserts. The summary says: "Opening the door for a few seconds, even if it was done fairly frequently, did not increase the current used as much as holding the door open less often but for a longer time. It took more electricity to freeze water for ice cubes than to freeze desserts. Less current was needed to freeze desserts made with whipped cream or evaporated milk than those which contained more water."

Equipment A SCIENTIFIC ASPECT OF CARPET WOOLS. Walter Krauss. (Rayon Textile Monthly, Vol. 18, November 1937, No. 11, pp. 64-65, illus. 11.) A very technical article which discusses types and qualities of various carpet wools. Concludes: "Carpet wools are an excellent example of raw material, which being unfit for one manufacturing field, is perfect in its use to produce a high-class product in another. Defects in fineness and length makes this type of wool unsuitable to produce uniform woolen and worsted goods, but especially fit for the manufacturing of first-grade carpets and rugs."

Equipment WHEN YOU BUY GLASSWARE. Wm. B. Landis. (The American Restaurant Magazine, Vol. 21, January 1938, No. 1, pp. 38-39, 89-91, illus. 4.) The author says thick heavy glass looks more durable than thin, featherweight glass, but this is not necessarily the case. He explains why thin glasses sustain thermal shock better than heavy glasses do. This is due to the fact that it can be more evenly annealed or tempered. Glass which is cooled too rapidly in the process of manufacture develops internal strains which cause breakage on even slight changes in temperature. Glasses used in water hot enough for sterilization must be properly annealed. The only way to judge glass from this standpoint is to ascertain whether or not the manufacturer is fully equipped to cope with problems of proper annealing.

- Food and Nutrition THE CHINESE COOK BOOK. With an essay by Charles Lamb. Compiled and edited by M. Sing Au. (Culinary Arts Press, Reading, Pa., 1936, pp. 47.) A cookbook which tells something about Chinese customs in relation to food and how to eat with chopsticks, as well as how to cook and serve many foods.
- Food and Nutrition APPLIED DIETETICS - The Planning and Teaching of Normal and Therapeutic Diets. Frances Stern. (The Williams and Wilkins Company, Baltimore, 1936, pp. V + 263.) A book explaining each step in the construction of a diet for normal persons as well as those requiring special diets.
- Food and Nutrition APPERTIZING OR THE ART OF CANNING: ITS HISTORY AND DEVELOPMENT. A. W. Bitting, M. D. (The Trade Pressroom, San Francisco, Calif., 1937, pp. 852.) Gives the history of canning food with descriptions of methods and equipment used in different eras. The last part of the book is devoted to the best methods in use today for each kind of food.
- Food and Nutrition THE POWER OF HERBS. Josiah Oldfield. (The Vegetarian, Fruitarian-Humanitarian, Vol. 38, January 1938, No. 1, pp. 16-18.) This short article calls attention to the value of herbs in supplying vitamins and other dietary requirements, and thus helping people in olden days to survive long winters where vegetables and fruits were not available and to similar values of early greens such as dandelion and nettle tops which they thought purified the blood.
- Food and Nutrition FADS TRAVEL FASTER THAN FACTS. Jennie I. Rowntree. (Food Facts, Vol. 6, December 1937, No. 10, [pp.1-2].) Warns against the adoption of food fads and tells how tendencies to indulge in fads came about. It says: "In many schools vitamins and minerals are made to seem like magical little things that prevent illness, lessen dental bills, and insure buoyant health. Consequently, any food containing vitamins and minerals in any amount appears to have merit, little or much it matters not. These teachers have thus harrowed and cultivated the mental soil until it is ready for any seed sown by the propagandist without realizing the results. It is high time that both minerals and vitamins were put in their proper place as essential to good nutrition, but never magical in their effects in the human diet."

Social THE INFLUENCE OF INVENTIONS ON AMERICAN SOCIAL INSTITUTIONS
IN THE FUTURE. William Fielding Ogburn. (American Journal
of Sociology, Vol. 43, November 1937, No. 3, pp. 365-376.)

"The probable influence, during the next 25 years, of the new inventions in the many fields of technology and applied science on the state, economic organization, rural life, communities, schools, church, recreational activities, and the family is outlined. The results show that the structure of social institutions is modified greatly by mechanical invention and applied science because of the variability of this influence, as compared with other factors." Steam and electricity are predicted to make the home again a center of family life, also the radio, television, and the talking book. Transportation improvements will increase construction of houses as against apartments, and other inventions like the iron fireman will make houses more attractive places in which to live.

Social THE SOCIOLOGY OF ADOLESCENCE. E. B. Reuter. (The American
Journal of Sociology, Vol. 43, November 1937, No. 3, pp.
414-427.)

"The belief is general that the adolescent period is one of great internal turmoil and external disorder, resulting immediately and inevitably from physiological development. The prevalence of adolescent disorder seems to be exaggerated, and a biological explanation of such disorder as exists seems to be untenable. The behavior phenomena of the adolescent years seem to be culturally determined, but the period has not been studied on the sociological level and the adolescent area of social experience is very imperfectly understood. An approach to the sociological study of the adolescent world may be made by way of the literary behavior of the members. These data are abundant, easily accessible, and highly enlightening."

Social COUSINS INDEED. Blanche Halbert. (Survey, Vol. 74,
January 1938, No. 1, pp. 10-11.) This article presents in
form of a dialog ~~shw~~ conditions in both rural and urban
areas, and the economic factors involved.

Social WHAT SHALL WE CONSERVE IN RURAL LIFE? Carl C. Taylor.
(Rural America, Vol. 15, December 1937, No. 9, pp. 7-8.)

The author points out that things to be considered first of all are self-sufficiency in farming, an integrated family and neighborhood life, and farming as a living. He raises a number of questions for discussion.

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension,
Washington, D. C.

No. 309

APR 27 1938
April 13, 1938.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Markets and Crafts BOUND TO BE GAY. Nancy Barbara Shearer. (Better Homes and Gardens. Vol. 16, November 1937, No. 3, pp. 100-101.) Tells how to bind books whose covers are lost, damaged, or faded.

Markets and Crafts QUILT HINTS. Orinne Johnson. (The Farmer's Wife. Vol. 41, February 1938, No. 2, p. 28, illus. 1.) Tells how to make quilts.

Markets and Crafts THE RURAL ARTS EXHIBITION. Clementine Douglas. (Mountain Life and Work. Vol. 13, January 1938, No. 4, pp. 8-10) A description of the exhibition of rural crafts at the United States Department of Agriculture in 1937.

Markets and Crafts SHUTTLE MAGIC. Orinne Johnson. (The Farmer's Wife. Vol. 41, March 1938, No. 3, p. 26, illus. 2.) Instructions for making and using a small loom used by a Nebraska home demonstration club.

Markets and Crafts RURAL CRAFTSMEN. Margery Currey. (Country Home. Vol. 62, March 1938, No. 3, p. 44, illus.) A description of the rural crafts exhibit held in Washington, D. C., in 1937.

Markets and Crafts HOMECRAFT. Jane Barton (Pacific Rural Press. Vol. 135, February 5, 1938, No. 6, p. 164, illus.) The plan of a small roadside market.

Management A PRIMER FOR CONSUMERS. Benson Y. Landis. (Association Press. 1936, 347 Madison Ave., New York, pp. 32, paper cover.) Discusses What is a consumer?; Containers for food; Budgeting; Drug administration; Consumers' advisors; Organizing of consumers; and Consumer-producer relations. 1 e

Management WHAT IS THIS THING CALLED TESTING? Charles L. Simon. (Women's Wear Daily. Vol. 55, December 28, 1937, No. 126, p. 68.) About labeling merchandise.

Management STANDARDS NEEDED IN CONSUMER GOODS. P. G. Agnew. (Women's Wear Daily. Vol. 55, December 28, 1937, No. 126, p. 83.) On grades and labels for merchandise.

Management MARRIAGE MAKES THE MONEY GO. Elizabeth Bussing. (Good Housekeeping. Vol. 106, February 1938, No. 2, pp. 76-77, 116, 119-120, 122.) On managing family finances and the problems involved in making ends meet. The problems are mainly for urban families.

Management PLANNING FARM WIFE'S TIME. Thelma Huber. (Arizona Producer. Vol. 16, December 1, 1938, No. 18, p. 13.) Says to ask yourselves these questions to find if you need to improve your management in your home: "Does confusion reign in my home? Is the house disorderly? Are the children uncontrolled and irritable? Every time the family goes out, do I have to stop to darn a stocking or sew on a button? Do I use my time to good advantage or do I belong to the great army of putterers? Am I constantly hunting for things? Is the general trend of my family development what I want it to be?" It then tells of the advantages to the home brought about by planning.

Management THE CONSUMER CREDIT PROBLEM. Ronald B. Shuman. (The Southwestern Social Science Quarterly. Vol. XVIII, December 1937, No. 3, pp. 227-230.) Points out the advantages and disadvantages of consumer credit and the importance of cataloging the buying public so that merchants will not sustain so many losses and expenses from extending credit, which must be paid for by good-pay persons. It says that the problem is aggravated by the relative lack of familiarity of consumers, as a group, with business practices and procedures, the relative lack of training of many consumers in personal finance and budget making, and dominance of emotional factors in retail buying.

- Food and Nutrition PLANNING A FAMILY HERB GARDEN. Baroness de Sounin. (The Farmer's Wife. Vol. 41, March 1938, No. 3, pp. 38-39.) Tells how to grow and use various herbs.
- Food and Nutrition DIET AND RESISTANCE TO COLDS. Frederick Hoelzel. (Science. Vol. 86, October 29, 1937, No. 2235, p. 399.)
A brief summary of opinions about diet and resistance to colds which hold that reduction in tissue hydration through diet is helpful in resisting colds. A low carbohydrate diet has a dehydrating effect.
- Food and Nutrition SERVE IT FORTH. M. F. Fisher. (Harper & Brothers. New York, 1937, xii + 253, illus., 11.) A history, written in a light vein, of the use of food.
- Food and Nutrition AMERICA'S COOK BOOK. Compiled by the Home Institute of the New York Herald Tribune. (Charles Scribner's Sons, New York, 1937, xvi + 1006, illus., 51.) Includes a very large number of recipes.
- Food and Nutrition FOOD FOR HEALTH'S SAKE. Lucy Holcomb Gillett. (Funk & Wagnalls Company. New York, 1937, 74 p.) Written for those with low incomes. Contains chapters on Food for thought, Your food needs, Give the children a chance, Increase the length of your life, Sound teeth and well-shaped bones, Useful food notes.
- Food and Nutrition FOOD PREPARATION. Marion Deyoe Sweetman. (John Wiley & Sons, Inc., New York, 1937, xi + 449, illus. 53.)
A revised textbook which does not contain recipes.
Contents are: Appraisal of foods; Processes used in food preparation; Structure of foods; Cereals; Fruits and vegetables, 1; Fruits and vegetables, 2; Milk and its products; Eggs; Fats and oils; Meat and allied foods; Sugars and their use in food mixtures; Frozen mixtures; Flour mixtures 1, yeast bread; Flour mixtures 2, flour mixtures other than yeast bread; Meal planning.
- Food and Nutrition BABY EPICURE. Elena Gildersleeve. (E. P. Dutton & Co. Inc., New York, 1937, pp. 141.) A book of recipes of foods suitable for children.

Clothing and Textiles LADIES' TAILORING SIMPLIFIED. M. E. D. Galbraith. (Sir Isaac Pitman & Sons. Ltd., London, 1937, iii + 202.) An English book. Chapters are: Requisites and use of tools; Processes; Stitches; Buttonholes, Sprats' heads, Braiding; Various seams and hems; Pockets; Skirt making; Coat frocks; Mantles; Cloth and velvet--sleeves; Single-breasted blazer with patch pockets; Single-breasted lined coat; Double-breasted panel coat; General information and technical terms.

Clothing and Textiles CLEAN SWEATERS. (The Ohio Farmer. Vol. 181, January 1, 1938, No. 1, p. 12, illus. 3.) Directions for cleaning or washing sweaters and other jersey or knit garments.

Clothing and Textiles SYNTHETIC AND VEGETABLE SPECIALTY FIBRES. (The Wool Record. Vol. 52, December 2, 1937, No. 1490, pp. 35, 37, 39, 41-42.) Says in part: "Artificial silk-viscose-waste was the first to open the door to blending, and today it plays a very large part in the production of blankets and the cheaper woolens. As the methods of producing viscose yarn improved, the supplies of waste yarns for de-fibring diminished; and as the demand for these fibers grew, the manufacturers turned their attention to the production of viscose fibers as distinct from viscose yarn. These fibers, unlike the natural variety, can be, and are, cut to a predetermined length which enables them to be classified for blending. Thus, viscose fibers of 3, 4 $\frac{1}{2}$, and 6 inches may be blended with sorted wools of fine merino, fine cross-bred and medium cross-bred and successfully combed and spun on worsted machinery or mixed for woolen spinning." It also tells how the hairs of animals, of muskrat, bear, seal, fox, hare, and rabbit are incorporated in fabrics to give certain effects. It also tells of the qualities and use of many other fibers.

Clothing and Textiles SHOP...LOOK...LISTEN! Mary C. Whitlock. (Capper's Farmer. Vol. 48, December 1937, No. 12, p. 49.) On the selection of materials for clothing. Explains why some textiles are warmer than others. In explaining some of the problems of cleaning different fabrics it says: "Spot removers containing chloroform should not be used on acetates for it will discolor them. Acetone, which is a product in most nail polishes will dissolve materials made from acetate. Some of the trade names of rayon fabrics you are likely to see in stores are, "Crown tested," which is a viscose process; "Bemberg," a cuprammonium process; "Acele" and Celanese," cellulose acetate processes."

Bulb

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension
Washington, D. C.

MAY 8 - 1938

No. 310

April 20, 1938.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

The Federal Housing Administrations of the States: Arkansas, at Housing Little Rock; California, at San Francisco and at Los Angeles; Alabama, at Birmingham; Colorado, at Denver; Connecticut, at Hartford; Virginia, at Richmond; Florida, at Jacksonville and Miami insuring office; Georgia at the Atlanta insuring office; Illinois, at Springfield and Chicago; Indiana, at Indianapolis; Iowa, at Des Moines; and Kansas, at Topeka, have issued bulletins on Minimum construction requirements for dwellings located within their boundaries. These bulletins published in 1937 and 1938 take up the construction of walls, foundations, chimneys, floors, roofs and interior partitions. Also plumbing, heating, and electrical work.

LATEST RESEARCH FINDINGS INCORPORATED IN PREFABRICATED PLYWOOD
Housing HOUSE. R. F. Luxford. (American Lumberman. No. 3114, December 4, 1937, p. 40, illus. 9.) Describes the second prefabricated house designed by the Forests Products Laboratory. It is one-story high with utility room for furnace, and other equipment on the first floor. It consists of four rooms besides the utility room and a bathroom. It is constructed of standard sections, units, or panels which may be made in large quantities. Describes the details of construction. Illustrates details of plan and construction of the house.

MINIMUM CONSTRUCTION REQUIREMENTS FOR NEW DWELLINGS LOCATED IN
Housing THE SOUTHWESTERN DISTRICT OF TEXAS COVERED BY THE SAN ANTONIO INSURING OFFICE. (Federal Housing Administration, San Antonio, Tex., FHA Form No. 2332, pp. 24, bulletin.) Written for those interested in housing in southwestern Texas. Some of the information could be applied in other areas.

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EUGENICS AT GREENBELT. R. C. Cook, (Journal of Heredity. Vol. 28, October 1937, No. 10, pp. 339-344.) (Abstracted in Psychological Abstracts, vol. 12, March 1938, No. 3, p. 167.) The abstract says: "This is a survey of the eugenic aspects and implications of the model Federal housing project at Greenbelt, 7 miles from Washington, D. C." Attention is called to the fact that of the 1,780 families here, 43 are one-person families, 828 have one child, and only 123 have four children. It then says "The American Eugenics Society has established as the replacement needs for any population group an average of three children per couple, with at least 20 percent having five or more children. The policy at Greenbelt represents a dangerous dysgenic tendency. Added housing units should provide for better-than-average families in the low-income groups who have three or more children, and eugenic factors should be a criterion of selection."

FEMININE ATTITUDES IN THE NINETEENTH CENTURY. C. Willett Cunningham. Social (William Heinemann, Ltd., London, 1935; xi + 314; illus. 8.) The author says in the first chapter, "The aim of this book is to describe the series of attitudes which were assumed by Englishwomen during the 19th century; that is to say, those unconscious postures of mind and body which members of a social group will display as features in common." In the preface the question is asked, "Is the Modern Woman the conscious product of a century's maneuvering or merely an unforeseen result?" It points out that in the 19th century fashion was woman's chief or only means of self-expression. It discusses the symbolism in women's fashions.

REBUILDING RURAL AMERICA. Mark A. Dawber. (Friendship Press, Social New York, 1937; xiii + 210.) Chapters are: Changing rural America; Religion in rural America; The Cooperative movement and rural life; Forward together; Nurturing rural childhood and youth; Rural leadership; Rural groups with special needs; and The rural church and the new day. It says in part: "The reduction in the size of the farm families has also had much to do with the changing home life. Families, once large enough to be socially sufficient within themselves, are rapidly growing smaller, and, as a result, there is a loss of family solidarity that once gave a sense of resourcefulness and strength to the rural home. The changing mode of agriculture has also robbed the family of cooperative experience in labor." This book is full of suggestions for improving religious and social life in rural areas.

SOCIETY AND ITS PROBLEMS. Grove Samuel Dow. (Thomas Y. Crowell Social Co., New York, 1937, viii + 669.) Chapters have been added on personality, the rural community, and others on cultural factors - the family and social processes are rewritten in this edition of the book.

MODERN HEATING. Harold L. Alt. (Domestic Engineering Co., 1900
Equipment Prairie Avenue, Chicago, Ill., 1936, p. 219.) A technical book on
equipment for heating houses. Chapters are: How chimneys should be
constructed; Selection of boilers for oil, gas, and coal jobs; Piping detail and
care of piping expansion; Hanging of pipe; Hot-water heating systems; Steam-
heating systems; Vacuum heating in schools, hospitals, and apartment buildings;
Selection and installation of unit heaters; Typical unit ventilators; Various
types of convectors; Unit air conditioners; Subatmospheric- and orifice-heating
systems; Insulation for heating systems and buildings; How to compare cost of
heat by degree days; Testing heating systems; Systems for estimating; Cost records
of boilers and other heating equipment.

LIVABLE LIGHTING. Jackson Harvey. (Literary Digest. Vol. 125,
Equipment February 12, 1938, No. 7, p. 11, illus.) A popular article on good
lighting for the home. It tells how new plastics have helped in
breaking up the glare from lamps so that it is practical to get more light with-
out discomfort. It says in part: "Scientifically, the ratio between light near
the source and light in the surrounding area should be ten to one; 10 footcandles
under a lamp, for example, require one footcandle in the adjacent space. But,
knowing the rule and the cause of glare, it is not necessary to call in an expert
to avoid the most 'glaring' examples in the ordinary home."

PLAN THE HOME LIGHTING. Ethel Owen Adair. (Progressive Farmer.
Equipment Vol. 53, January 1938, No. 1, p. 30, illus.) Discusses lighting by
kerosene and electric lamps.

MODERN FINE GLASS. Leloise Davis Skelley. (Richard R. Smith, New
Equipment York, 1937, p. 144, illus.) A book designed to give an appreciation
of modern works of art in glassware for table and other use.

HEMECRAFT. Jan Barton. (Pacific Rural Press, vol. 135, February 19,
Equipment 1938, No. 8, p. 228.) A brief item which lists and tells the use of
equipment for storing shoes, hats, dresses and suits, shirts, under-
wear and hose, miscellaneous articles, and soiled clothing.

Food and Nutrition THE VITAMIN C CONTENT OF COMMERCIALY CANNED TOMATO JUICE AND OTHER FRUIT JUICES AS DETERMINED BY CHEMICAL TITRATION. E. M. Bailey. (Journal of the American Medical Association. Vol. 110, February 26, 1938, No. 9, p. 650.) Discusses the vitamin contents of various juices sold commercially or made from fresh fruits. A table compares the vitamin content of each.

Food and Nutrition THE COMPONENTS OF THE VITAMIN B COMPLEX. E. M. Nelson. (The Journal of the American Medical Association. Vol. 110, February 26, 1938, No. 9, p. 645.) A discussion of vitamin B and the factors into which it may be divided, such as B₁, riboflavin, P-P, G, B₃, B₄, B₅, B₆, filtrate factor, and W, with a brief description of each and its uses.

Food and Nutrition VITAMIN K. (Science. Vol. 87, February 25, 1938, No. 2252, p. 11.) A brief item about vitamin K used in the treatment of obstructive jaundice to prevent bleeding. It is found in hog-liver oil, cabbage, spinach, tomatoes, and various other natural sources.

Food and Nutrition DIET AND RESISTANCE TO INFECTION: The Effect of the Maternal Diet. Charles F. Church, Claire Foster, and Dorothy W. Asher. (American Journal of Public Health. Vol. 27, December 1937, No. 12, pp. 1232-1238.) A report of a study of diet and resistance to infection which concludes that the diet of the mother plays an important role in helping the infant to survive infection.

Food and Nutrition THE DIETARY PROBLEM OF THE FOOD SENSITIVE PATIENT. Albert H. Rowe. (The American Journal of Digestive Diseases and Nutrition. Vol. 4, February 1938, No. 12, p. 787.) Points out the dietary problems and difficulties of persons with allergies to food. These problems include finding a diet sufficient in protein, vitamin, mineral, and colors, and of making or getting specially prepared foods such as lima potato bread, rice bread, and similar breads that are palatable. It says in closing: "At all times, undesirable weight loss and deficiencies in protein, mineral, and vitamin balance must absolutely be prevented. In the case of certain patients it may be better to suffer from the effects of actual or possible allergic foods than to develop increasing invalidism through nutritional deficiencies...However, with a persistent endeavor to evolve a diet devoid of foods to which detrimental allergies exist, success is usually possible, and many severe or vague though invaliding manifestations and symptoms can fortunately be controlled."

Beulah

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension
Washington, D. C.

MAY 3 - 1938

No. 311

April 27, 1938.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Equipment

JEWELRY. (Consumer's Digest. Vol. 3, February 1938, No. 2, pp. 50-54.) Gold, silver, and platinum jewelry and tableware are discussed as well as the meaning of designations of carats for gold, gold-filled, rolled gold plate, and gold-plated. The term "sterling" is defined as meaning the article should contain at least 925/1000 fine silver. Other silverware should be described to indicate the content of silver, such as 800/1000. German silver, Liberty silver, and nickel silver have no silver in them. Other terms defined are, silver mounted, sectional overlay, inlaid, loaded, Sheffield plate, and silver plate.

Equipment

HYGIENIC LIGHTING IN THE HOME. Miles A. Tinker. (Journal of Home Economics. Vol. 30, March 1938, No. 3, pp. 150-155.) The principles of lighting are discussed. Intensity and distribution of light in the home are the principal factors involved. It says a large number of table and floor lamps in the same room are undesirable, and that ceiling fixtures should be hung close or built into the ceiling. "No light source should be in the visual field during the visual work if the best working conditions are to be maintained. Raising the light source will, of course, reduce the brightness at the working surface. This can be remedied by supplementing the general illumination from the ceiling fixture with local lighting, as by a table or floor lamp located at the working position. Avoid strictly local lighting, such as a desk lamp with an opaque shade. This produces a bright spot of light surrounded by shadows, a condition which is decidedly unhygienic."

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Child FEEDING BEHAVIOR OF INFANTS. Arnold Gesell and Frances L. Ilg. (Lippincott Co., Philadelphia, 1937, iv + 201, illus. 24.) A report of an investigation of the feeding behavior of infants, not of their nourishment. The investigation is concerned with the intake of food rather than with food assimilation. Parts of the book are: Behavior aspects of nutrition; The growth of feeding behavior; Regulation of feeding behavior. "This volume has attempted to demonstrate that in the diagnosis and supervision of feeding behavior we have an approach to a developmental hygiene which embraces at once the growing body and mind."

Child OBJECTIVE RATINGS OF THE CONSTITUTION OF THE GROWING CHILD. T. Wingate Todd, (American Journal of Diseases of Children. Vol. 55, January 1938, No. 1, p. 149.) Report of studies on how to evaluate the constitutions of growing children by means of physical measurements, evidences of maturity and mental expansion. It says in closing that we shall look for in children in the future "a mind alert and responsive, which acts with decision; a spirit quick to sense its social obligations and hold the balance between impulse and restraint; stature within reasonable limits; weight that means energy and not encumbrance; physical development to match experience, and experience to match years; flexibility of imagination; well-disciplined thought; good power of attention and concentration; the ability to discern broad connections; fertility in resource; catholicity in cultural application; artistic capacity; instinctive grasp of timeliness and propriety; intellectual and social adjustment to the ways of others; and an unerring sense of responsibility to the ideal which beckons ahead."

Child THE NEED FOR SUCCESS. Lorine Pruette. (National Parent-Teacher. Vol. 32, February 1938, No. 6, p. 6, illus. 2.) Points out the danger of "breaking a child's will" which some parents still believe in doing in order to make them more subservient. Such treatment gives the child a sense of failure. Attention and encouragement may facilitate learning. It says of art and music "The child who is given confidence can explore the possibilities of various art expressions and so add to his joy in living, while the child whose confidence is impaired may be forever paralyzed or inhibited in any of these forms of release."

Personal CARE OF THE HANDS. M. C. Phillips. (Consumer's Digest. Vol. 3, February 1938, No. 2, pp. 31-35.) This article says, coconut oil in soap makes it lather easily but coconut oil is very irritating to many skins, and that it is not necessary to pay more than 5 cents for a superfatted soap--a kind of soap used for shaving--in a small cake, which will not have strong alkalies or coconut oil in it. It also says that external application will not relieve perspiration, redness, or exposure to cold, or clamminess in hands. These are due to health conditions. It tells how to make a hand lotion.

Personal YOUR CHILD'S PERSONALITY. Henry C. Link. (The Farmer's Wife. Vol. 41, April 1938, No. 4, p. 7, illus. 3.) The author says, "The most important discovery of these studies is that the kinds of habits which develop a personality are habits involving the use of the body, that is, the hands, the feet, the legs, and the arms. In other words, habits which are just the opposite of those usually developed by school studies where the principal activity is sitting down by one's self and using one's head. This discovery would make it seem immediately as though farm children had a tremendous advantage over city children in developing personality, since farm children have so many more opportunities to acquire skills and habits involving the use of the body. However, this is only part of the answer. Our studies show that the bodily habits most important to personality are those which involve doing things with other people, for example, playing baseball, soccer, tennis, football, basketball." He then says that membership in 4-H clubs and other organizational activities help to develop personality, and that parents must encourage young people to participate in them. In such activities people learn to talk naturally.

Personal THE NATURE OF HUMAN NATURE and Other Essays in Social Psychology. Ellsworth Faris. (McGraw-Hill Book Co., Inc., New York, 1937; xii + 370.) The parts of this book are: Group and person; Conduct and attitudes; Sociology and education; Sociology and ethnology; and The sociology of racial conflict. Educational problems, discipline in the modern family, and the implications of behaviorism for character education seem to be the most interesting of the 32 chapters for home demonstration workers.

Textiles and
Clothing

WHAT DO YOU KNOW ABOUT FURS? Harry Weinberger. (Women's
Wear Daily. Vol. 56, March 15, 1938, No. 51, p. 26.)

Questions and answers about Russian caracul. "Russian" is
the name applied to a lamb from Russia, Afghanistan, Turkestan, Crimea, or
Karakul. This fur is equal to the Chinese caracul. The leather on Russian
skins is heavier, and the hair is of a heavier texture. Silkeness is equal.
The average coat will wear 2 to 3 years before it will show signs of wear,
and after being repaired it is good for another 3 or 4 years. The skins are
graded into moires, klams, galyaks, and merluskas. The first two grades are
used for coats, the third, for trimmings on cheaper garments, and the fourth
are the poorer type of flat skins without markings.

Textiles and
Clothing

PROBLEMS IN THE SELECTION OF TEXTILES AND RELATED SUBSTANCES
IN CASES OF ALLERGIC REACTIONS. Louise Stedman and Merle
Ford. (Journal of Home Economics. Vol. 30, March 1938,

No. 3, pp. 161-169.) The various materials in fabrics and the articles in
which they may appear are discussed. Besides the more common fibers (cat,
dog, cow, hog, horse, and rabbit hair), feathers, furs, kopak, leather, and
rubber, are discussed. The article closes by saying "A knowledge of the
fiber content, dyes, and finishing agents of fabrics and household furnish-
ings will enable the allergic individual to avoid contact with those which
are likely to offend. Accurate labeling is absolutely essential if a satis-
factory selection of household and garment textiles and of household furnish-
ings is to be possible for the allergic individual."

Textiles and
Clothing

TEXTILE FIBERS AND THEIR USE. Katherine Paddock Hess.

(Lippincott Co., 1936, xvi + 374, illus. 198.) This text-
book is made up of problems composing units grouped in
sections. Section titles are, Textile construction, finish, and design;
Textile fibers; Textiles and the consumer. The last section is made up of
units on, Factors influencing textile consumption; How to select fabrics for
clothing and household use; and Care of fabrics.

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension MAY 1 1938
Washington, D. C.

No. 312

May 4, 1938.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

- Child STUTTERING. I. W. Karlin, and L. Kennedy. (American Journal of Diseases of Children. Vol. 55, February 1938, No. 2, p. 383.) An article on stuttering with an outline for handling the problems it makes.
- Child PARENTS CALL IT MULISHNESS. Frank Howard Richardson. (Hygeia. Vol. 16, January 1938, No. 1, pp. 25-27.) Takes up the questions of causes and treatment of negativism in children.
- Child SOCIAL EDUCATION FOR CHILDHOOD. Paul R. Hanna. (Childhood Education. Vol. 14, October 1937, No. 2, pp. 74-77.) Outlines the author's ideas about what should constitute a course of social education for young children.
- Child EMOTIONAL CONTROL IN CHILDREN. Marshall C. Pease. (Medical Record. Vol. 147, February 16, 1938, No. 4, pp. 149-151.) Discusses inherited traits, acquired characteristics, physical states in relation to nervous control, and the responsibility of parents. "In any group of children it will be noticed that certain ones begin to withdraw from the crowd, not with the idea of simplifying life, but instinctively in order to avoid pain. For this reason associations should be formed early so that the value of companionship and cooperation can be learned at an early age. The habit of reading is a valuable one, but it should not be encouraged to the point where the child becomes a recluse."

Health HEALTH TEACHING HELPS BY RADIO. (Hygeia. Vol. 16, March 1938, No. 3, p. 252.) A summary of a radio talk on March 2, 1938. It is in the form of an outline for use in discussion or teaching, and deals with the subject of water for single dwellings, and sewage disposal and treatment.

Health PRESENT KNOWLEDGE OF PELLAGRA: CLINICAL STUDIES. David T. Smith. (Journal of the American Dietetic Association. Vol. 14, March 1938, No. 3., pp. 168-171.) The causes and treatment of pellagra are considered. The author says, "In most cases of pellagra, symptoms of severe intoxication result from a toxin, which is produced in the skin by the action of sunlight. The patient presents the picture of an acute infection, and yet it is not an infection, because the patient is no longer susceptible to sunlight. No one would deny that infections may play an important secondary role in both the initiation and termination of the disease. It is obvious that a patient with a chronic infection of any kind may have the appetite reduced and the assimilation of food disturbed to such a degree that pellagra will develop. Furthermore, terminal infection with broncho-pneumonia, ulcerative colitis or septicemia may be the immediate cause of death. This should not disturb our faith in the dietary etiology of pellagra, since it is well known that the immediate cause of death in both scurvy and beriberi is usually an infection."

Health PHYSIOLOGICAL HYGIENE. Cleveland Pendleton Hickman. (Prentice-Hall, Inc., New York, 1937, xxvi + 493, illus. 90.) The chapters of this textbook are: Man's bodily defects in the light of his structure; Plan of structure of the human body; Individual development; Digestion; Nutrition and metabolism; The circulatory system; The respiratory system; The excretory system; The integumentary system; The nervous system; Sense organs; The endocrine system; Reproduction; The muscular system; The skeleton and the mechanics of posture; Hereditary factors and diseases; The basic causes of disease; The principles of body resistance and immunity; Water sanitation; The effects of sunshine on health; The influence of drugs, stimulants, and narcotics; The health program; The great landmarks of hygienic and medical development.

Health THE MENACE OF MALNUTRITION. Herman N. Bundersen. (Ladies' Home Journal. Vol. 55, January 1938, No. 1, pp. 53-54.) Discusses the feeding problems, proper health habits, posture, how to correct malnutrition, and the extent of malnutrition in the United States.

HEATING & AIR CONDITIONING. Tyler Stewart Rogers.

Equipment (House & Garden, Vol. 73, March 1938, No. 3, Sect. 2, pp. 16-18, 42, 48, illus. 18.) Five systems of modern heating and air conditioning for dwelling houses are described, and their advantages and special applications are pointed out. They are: "The Direct Fired System is the simplest type, consisting of a furnace directly connected to supply and return ducts. Blower, air cleaner, and humidifier are usually connected to the furnace casing. Requires separate domestic hot-water supply. The Indirect System employs a boiler to furnish heat to coils in the conditioner, thereby differing from the direct fired system. Removes possibility of combustion noises being carried through duct system. Domestic hot water supplied by boiler. The Auxiliary System, as this is usually called, supplies heat directly to all rooms by means of radiators, and conditioned air, where desired, by means of an auxiliary conditioning unit. Adaptable to existing heating systems using any type of radiators. The Split System provides for direct radiation to certain rooms, such as bath, kitchen, and garage, and complete air conditioning to the rest of the house. Keeps kitchen or other odors from being re-circulated. Otherwise like the indirect system. The Unit System uses any type of vapor or hot-water heating system supplemented by unit air conditioners in whatever rooms conditioning is desired. Economical if one or two rooms only are to be conditioned; also adapted to gradual modernization."

COOKING BY WIRE. Bess M. Rowe. (The Farmer's Wife.

Equipment Vol. 41, March 1938, No. 3. pp. 18-19, illus. 4.) Tells how to select an electric range by noting the size of its frame and its design, the location of switches, safety features, how the heating units are spaced, and gives other useful information. It says among other things, "Where do you want the control switches--across the front or across the back? You can get a first-class range whichever position you prefer. The manufacturer of one range feels that it is safer to have the switches along the back where children cannot reach them. The manufacturer of another range believes it is better to have them in front where there is no possibility that you will some time reach over a steaming kettle to turn a switch."

BUEN RETIRO, VIENNA, ROYAL COPENHAGEN, AND OTHER CERAMICS.

Equipment Eugene Clute. (Lighting and Lamps, Vol. 33, January 1938, No. 1, pp. 20-21, 47-48, 51, 53, illus. 7.) Various kinds of pottery used in lamp bases are discussed and illustrated, such as: Buen Retiro, Capo di Monte, Hispano-Moresque, Majolica, Royal Copenhagen porcelain, Meissen, Saxon, Dresden, Imperial Vienna porcelain, and many others, with the history of their development. This is the tenth of a series of articles appearing in this magazine.

Textiles and WHAT DO YOU KNOW ABOUT FURS? Harry Weinberger. (Women's
Clothing Wear Daily. Vol. 56, March 8, 1938, No. 46, p. 21.) A
series of questions and answers about caracul furs of
different types including the Chinese Chekiang lamb and the Northern lamb.
It divides the Chekiangs into two classes, the "long-handled" and the
"square-handled." It says only the better grades of these are suitable
for black, the others are dyed in colors. The "long-handled" is superior
to "square-handled," while the "Northern lamb" is the best of all.

Textiles and MISS DANA ASSAILS WASH CLINIC FINDINGS. Margaret Dana.
Clothing (Women's Wear Daily. Vol. 56, March 10, 1938, No. 48,
p. 16.) This article says, "If the majority of the com-
mittee were satisfied that a 5 percent shrinkage was not an 'appreciable
shrinkage,' at least one member was candid enough to admit that 5 percent
shrinkage is appreciable enough so you'd better buy a bigger size when
you buy 5 percent shrunk garments!"

Textiles and SOME ASPECTS OF THE RELATIONSHIP OF ART TO INDUSTRY.
Clothing W. Turnbull. (The Journal of the Textile Institute.
Vol. 28, December 1937, No. 12, pp. 403-409.) Tells
how the designs for printing cloth are made and applied, and by whom.

Textiles and WHAT THE NATIONAL PAJAMA GUILD IS DOING FOR STANDARD
Clothing SIZES. F. B. Shipley. (Industrial Standardization.
Vol. 9, February 1938, No. 2, p. 44, illus. 8.) An
article on standardization of sizes for pajamas.

Textiles and SCIENTIFIC FITTING TO THE INDIVIDUAL REQUIREMENTS.
Clothing Shirley Marie Green. (Shirley Marie Green, Dallas, Tex.,
1937, pp. 88; illus. 166.) Gives all the steps taken
in fitting garments and explains how to make alterations in patterns and
garments. A diagram illustrates each slip.

Textiles and THE DYES OF OUR ANCESTORS. Wm. H. Cady. (American Dye-
Clothing stuff Reporter. Vol. 26, September 6, 1937, No. 18, pp.
539-543.) Presents the problems of dyeing with oldtime
dyes such as indigo, cochineal, purple from shellfish, madder, saffron,
weld, iron dissolved in vinegar to which tannic acid was added, logwood,
and iron rust.

MAY 12 1938

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension
Washington, D. C.

No. 313

May 11, 1938.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen
Junior Scientist.

General TRAINING SWISS COUNTRYWOMEN. Mariann Meier-Bysin. (The Countrywoman. Vol. 4, November 1937, No. 45, p. 11.)

Describes how rural Swiss girls go to work in town homes as servants to learn housekeeping and how college girls are trained in all the arts of housekeeping and also in the care of pigs and chickens.

General A THIRD SHELF OF HOME ECONOMICS RESEARCH. Sybil L. Smith. (Journal of Home Economics. Vol. 30, February 1938, No. 2, pp. 99-100.)

A list of experiment station bulletins from various States reporting recent results of research. This supplements similar lists issued in 1936 and 1937.

General SOME QUESTIONS FOR HOME ECONOMISTS. Beulah I. Coon. (School Life. Vol. 23, March 1938, No. 7, p. 250.) In her opening paragraph the author says, "Home economics was

originally introduced into the school system to help students meet more effectively some of the practical problems of the home." She then points out that many influences have tended to draw attention away from this original goal, and since there has accumulated a vast amount of subject matter, this should be carefully selected in order to be most pertinent in modern living. She then outlines five questions to be asked in evaluating such subject matter and other material taught.

General STUDIES ON THE PHYSIOLOGY OF SLEEP: Changes in Irritability to Auditory Stimuli During Sleep. Joseph Mullin, N. Kleitman, and N. R. Cooperman. (Journal of Experimental

Psychology. Vol. 21, July 1937, No. 1, pp. 88-96, graphs, 3.) A report of a study which says in conclusion that movement in sleep and irritability are directly related to the time that has elapsed since the last movement rather than to the time of night, and that "depth of sleep" does not adequately express the facts relative to changes in irritability during sleep.

Textiles and DYEING AND WEAVING. (American Dyestuff Reporter. Vol. 26,
Clothing November 29, 1937, No. 24, pp. 788-789, illus. 2.) Tells
of dyeing and weaving. It gives recipes for making dyes from plants.

Textiles and TYPES OF HEEL-PIECES. Dexter D. Ashley. (Medical Record.
Clothing Vol. 147, February 16, 1938, No. 4, pp. 166-169.) On the
shape of heel pieces in relation to the shape and uses of the
human foot, and on health in general. It says in closing, "If you or your
patient do not enjoy walking by reason of pain or early fatigue, your medical
examination should include the feet and the shoe. Cultivate a discerning
eye, and see that the feet are not compelled to sustain the body in imbalance,
with some tissues subject to constant pressure or stress by the inappro-
priate foot covering."

Textiles and HOW WARM IS WOOL? Margaret Dana. (The Atlantic. Vol. 161,
Clothing March 1938, No. 3, pp. 345-347.) The author says no other
fiber has the resiliency of wool. This quality gives it the
greatest capacity to trap and hold air over the longest period of time under
use. Other fibers flatten and break down under use, so they do not serve as
a satisfactory substitute for it. Silk does not have the quality of felting
that is another essential factor in wool. Spun rayon may go far in equal-
ing the qualities of wool, but so far people do not know how it will retain
these qualities under use. It also requires special handling in use.

Textiles and IDENTIFICATION OF FIBERS. (American Silk and Rayon Journal.
Clothing Vol. 57, January, February, 1938, No. 1, pp. 25-28.) Gives
instructions for the practical analysis of fiber mixtures.
By means of the microscope types of fibers may be identified accurately and
one can learn whether or not the material contains more than one kind of
fiber. The flame test should be applied next. It is accurate and serves to
divide the fibers into four definite and distinct divisions. The article
tells how to make this test. Another test is to separate the fibers of each
type from the fabric and compute the percentage of each from their respec-
tive weights. How to determine the material weighting in fabrics is
explained.

Equipment SCIENCE OF SEEING. Matthew Luckiesh. (D. Van Nostrand Co., Inc., New York, vii + 548, illus. 143.) A technical discussion presenting present-day knowledge of lighting and the human seeing-machine. Chapter headings are: Seeing; The human seeing-machine; Visual sensory processes; Visual thresholds; Visibility of objects; Physiological effects of seeing; Conservation and achievement; Light and lighting; Prescribing light; Quality of lighting; Spectral quality of light; Reading as a Task; Eyesight and seeing.

Equipment ECONOMIC ASPECTS OF RURAL ELECTRIFICATION DISCUSSION. R. S. Kifer. (Journal of Farm Economics. Proceedings number, Vol. 20, February 1938, No. 1, pp. 382-386.) The author says that electrification of the farm home means an increase in the farmer's fixed costs, consequently a greater need for increased and continued income. It means less flexibility in the expenses of operating the farm, and he points out that little has been gained if, under this greater cost, the farmer and his wife must utilize the time saved by the equipment in carrying on home crafts, such as weaving, and other industries, in order to pay the monthly electric bill.

Equipment ECONOMIC ASPECTS OF RURAL ELECTRIFICATION. Harold E. Pinches. (Journal of Farm Economics. Proceedings number, vol. 20, February 1938, No. 1, pp. 370-382.) In discussing the aspects of rural electrification, the author says that refrigeration probably holds first place in the desire of farm women and that what the farm home needs in a refrigerator is capacity--that is, cubic feet of space and heat-absorbing capacity. Also, that it is not necessary to buy a lot of extra de luxe features such as chromium plating, porcelain finishes, and incidental gadgets. The other great need in the home is for large quantities of hot water which should be provided through a well-insulated tank with a low-wattage heating unit, for nearly constant input of current would solve the larger part of the water problem. A unit of this type would cost less than the units usually sold. He says that the prices of electric ranges are being held up by superrefinements and gadgets and not by the essentials for the job of cooking meals.

WHAT SHOULD BE DONE ABOUT FARM TENANCY. Henry C. Taylor.
Management (Journal of Farm Economics. Proceedings number, vol. 20,
February 1938, No. 1, pp. 145-152.) In conclusion the
author says that the help that the Federal Government might give in re-
gard to the question of farm tenancy should be in providing an adequate
educational system for rural people, an occupational outlook service, a
good credit system, a good system of land appraisal, an open market for
farm products, and an open market in which farmers may buy consumption
goods at a fair price.

WHY, WHO'D EVER THINK I'D FORGET? Emma Gary Wallace.
Management (American Cookery. Vol. 42, February 1938, No. 7, pp.
409-412.) Recommends the keeping of memoranda and di-
rections about household management, supplies, and equipment in a scrap-
book so as to preserve the old arts and have useful data at hand. Also
recommends learning to do all kinds of household tasks and to do them
well.

YOU AND THE JONESES. Ryllis Alexander Goslin.
Management (Independent Woman. Vol. 17, February 1938, No. 2, pp.
43, 55, illus. 1.) A discussion of the budget problems
of the average family in 1936 as compared with 1929. It says in part
"Note the budget does not allow for the purchase of an automobile or of
furniture or a radio or mechanical refrigerator or any other such item
outside of the necessary living expenses. It is assumed that the family
has already acquired such things by one means or another, or else must do
without them....Why is it that we cannot provide our people with suffi-
cient purchasing power to buy the abundance of goods we are able to pro-
duce? Scientists and engineers have solved the problem of production,
but no one has yet found a satisfactory solution to the problem of distri-
bution. But one must be found. Our next program article will give some
of the answers that are being given to this all-important question."

A "SLACK FILL" TEST. M. C. Phillips. (Consumer's Digest.
Management Vol. 3, March 1938, No. 3, pp. 61-64.) The meaning of
"slack fill" is defined as a package or box which is not
full up to the top. The weight is marked on the package, but most house-
wives buy by the apparent size of the package. The author suggests
occasionally recording price weight and measuring the contents and noting
how far the contents are from the top of the package.

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension,
Washington, D. C.

MAY 31 1938

No. 314

May 18, 1938.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

CHARACTER AND PERSONALITY OF CHILDREN FROM BROKEN HOMES.

Child Nehemiah Wallenstein. (Bureau of Publications, Teachers College, Columbia University, New York, 1937, vi + 86.) A report of a study of various types of broken homes, showing their effects on children as compared with the effects of nonbroken homes on children. It says that the most common type of broken home is that which has lost its father through death, and that about one in every seven of the fatherless children had a stepfather, while one in every four of the motherless children had a stepmother. On the whole, children from broken homes, particularly homes broken by death, are retarded in school grade when compared with children from normal homes. In some instances the broken-home situation had a favorable effect, spurring them to greater effort and achievement. The intelligence quotient for children of broken homes is definitely lower than for normal homes. The inference drawn is that a higher death rate goes with lower intelligence. It was found that it was impossible to decide definitely whether the disintegration of the home or hereditary disposition, or both, is responsible for the difference between these children and those from normal homes.

EXPERIMENTAL STUDIES OF THE EDUCATION OF CHILDREN IN A

Child MUSEUM OF SCIENCE. Arthur W. Melton, Nita Goldberg Feldman, and Charles W. Mason. (The American Association of Museums, Washington, D. C., 1936, vi + 106.) A report of an experiment in education through visits to a museum of science. It explains not only what might be in the museum that would be helpful, but also various techniques of making the trips effective. One, a scheme of teaching a card game, was not found very helpful. The discussion method, as compared with the effectiveness of the lecture, proved to vary with the educational level of the children or with the subject matter studied. The younger children learned best by the lecture method, and the older children by the discussion method.

Equipment USE OF DISHWASHING MACHINES: PASTEURIZATION OF EATING
 UTENSILS. Wesley C. Cox. (American Journal of Public
 Health. Vol. 28, February 1938, No. 2, pp. 174-179.) A

report of an investigation conducted at the Army Medical Center in Washington, D. C., to determine the effectiveness of dishwashing machines. Three detergents were used: "trisodium phosphate technical; issue washing soda containing 25 percent sodium bicarbonate and 60 percent sodium carbonate; and a compound containing sodium hexametaphosphate." The last one was effective, and left no film on the dishes to hold bacteria. Heat is also an active agent in destroying bacteria. "The efficiency of the wash process of all types of machines is affected by: the thoroughness of the scraping of the utensils, the position of the utensils in the wash chamber, and the mechanical action and pattern of the wash sprays. The removal of all possible soil by efficient scraping reduces the soil load and conserves detergent powder. Proper position of the utensils is necessary; if crowded together, full detergent action of the wash water is not obtained. Glasses, bowls, and deep-lipped utensils must be placed on edge in order to avoid accumulation of wash water, thus preventing detergent action. Spray nozzles and rinse lines may become clogged with particles of soil, causing dead areas which escape effective processing."

Equipment ELECTRIC IRONING MACHINES. (Consumer's Research Bulletin.
 Vol. 4 (new series), October 1937, No. 2, pp. 18-21, illus. 1.)
 Discusses the merits and shortcomings of electric ironing

machines of the roller- and flat-pressing types in comparison with the newest electric flat irons. For handkerchiefs the flat iron was fastest in some tests reported. In ironing many garments there was a saving in effort even if not in time in using the ironing machine. The mangle saves more effort than the pressing machine.

Housing REMODELING POSSIBILITIES FOR FARM HOMES. H. E. Wichers.
 (Agricultural Engineering. Vol. 19, February 1938, No. 2,
 p. 72.) The theme is how to decide when to remodel an old
house and when to build a new one.

Housing LOW COST BUILDING CONSTRUCTION IN PRACTICE. K. J. T. Ekblaw.
 (Agricultural Engineering. Vol. 19, January 1938, No. 1,
 p. 9, illus. 4.) The house described is made of metal.

Textiles and Clothing FIRE-PROOFING FABRICS. (American Dyestuff Reporter. Vol. 26, November 15, 1937, No. 23, p. 700.) This article says chlorinated diphenyl is a satisfactory fireproofing agent for wood and fabric. It is practically odorless and stable to alkalies and to prolonged heating and it is insoluble in water. Other fireproofing agents are, potash alum, ammonium phosphate, and a mixture of borax and boric acid. A new inorganic resin called "abopon" recently has been introduced.

Textiles and Clothing MOTH PROOFING. Hilton Ira Jones. (Exterminators' Log. Vol. 6, February 1938, No. 2, pp. 12-13.) This article says, "Of the mothproofing agents most used, we have: 1. Contact oil solutions; 2. Fluorides; 3. Silicofluorides; 4. Cinchona derivatives; 5. Poisonous metals; 6. The rare earths, including thallium." It then tells how these agents are used and the advantages and disadvantages of each.

Textiles and Clothing RAYON FLANNEL. (American Wool & Cotton Reporter. Vol. 52, March 3, 1938, No. 9, pp. 7-8, 15, illus. 1.) Predicts that "cut-fiber" rayon yarn will be cheaper and used to a greater extent eventually than short or long filament yarn because it may be manipulated and combined in more ways than can be used with filament yarn, and a greater number of effects produced.

Textiles and Clothing FIBER CONTENT DISCLOSED IN UP TO 60% OF DRESSES. (Women's Wear Daily. Vol. 56, March 9, 1938, No. 47, p. 20.) This item says, "From 30 to 60 percent of the dresses reaching one of the largest local department stores are identified by the manufacturer as to rayon content, a survey by a ready-to-wear executive of that establishment indicates. In making this report today, he discloses that from 25 to 50 percent of the invoices contain the desired information, and that from 5 to 15 percent of the dresses carry supplementary tags with the rayon content. The merchandising head of another big department store declares that progress to date, in securing voluntary cooperation in this matter from dress producers, has been "slow." He notes that less than 25 percent of the manufacturers are supplying information of their own volition. Most of the data thus secured is appended to invoices, he explains, only a very small percentage being included in labels sewed into the garments. The store is filling the void in consumer education by noting the fiber content on tags."

- Food and Nutrition FOOD, NUTRITION AND HEALTH. E. V. McCollum and J. Ernestine Becker. (E. V. McCollum and J. Ernestine Becker, Baltimore, Md., 1936, v + 154.) A revision of an earlier book by McCollum and Simmonds. The authors say in the preface that they have endeavored to set forth in simple language the nature of an adequate diet as seen by the biochemist, and to describe the dietary properties of our more important foodstuffs, and to define what can and cannot be accomplished through diet. They also recommend a system of diet to promote health, giving consideration to agricultural, physiological, and economic conditions. The aid is to help readers to detect misinformation which is now being so widely disseminated by food faddists and promoters of the sale of special foods.
- Food and Nutrition PIGS HAVE FORE LEGS. Nell B. Nichols. (Woman's Home Companion. Vol. 65, March 1938, No. 3, p. 108, illus. 2.) A description of shoulder cuts--picnics and boneless butts--and instructions for preparing them for the table.
- Food and Nutrition AMERICAN VITTLES. Della T. Lutes. (Vogue. February 1938, p. 132.) Discusses the ways in which certain foods or dishes are prepared in different sections of the United States. Among these dishes are baked beans, apple dowdy, pie, and clam chowder.
- Food and Nutrition THE PHYSIOLOGY OF VITAMIN B₁. George R. Cowgill. (The Journal of the American Medical Association. Vol. 110, March 12, 1938, No. 11, pp. 805-812.) A detailed discussion of the physiology of vitamin B₁. It states, "An additional conclusion of interest is that pure vitamin B₁ increases the oxygen consumption only in the B₁-deficient animal. Relatively enormous doses are without effect in the normal organism.....With this vitamin now available in pure form and methods being perfected for its chemical determination, it is not unlikely that the future will soon see the abandonment of various "units" by which to express its activity, in favor of the use of definite dosages of the pure substance."

100-24-1204

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension,
Washington, D. C.

No. 315

May 25, 1938.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

MINUTES OF THE TRIENNIAL CONFERENCE OF THE ASSOCIATED
Organization COUNTRYWOMEN OF THE WORLD. (Associated Countrywomen of
the World, London, 1938, pp. 50.) Includes a program
of the meeting held June 1-8, 1936, names of officers elected, the
president's address, reports from 1933-36 of meetings held and work done,
report of the handicap committee and finance committee.

THE PLACE OF THE NUTRITIONIST IN THE PUBLIC HEALTH
Organization PROGRAM. Wilson G. Smillie. (Medical Woman's Journal.
Vol. 44, December 1937, No. 12, pp. 347-352.) Explains
why every local health department should have the benefit of the advice
of a trained and competent nutritionist, and says that she should be a
good teacher with social-service experience. The author also says: "It is
true that obvious and advanced stages of nutritional deficiency (with the
one exception of defective teeth), are not commonly encountered in the
average community. More and more, however, public-health officials, school
physicians, public-health nurses, and clinic personnel have become in-
formed concerning the less evident, yet fairly characteristic symptom-
complexes of defective nutrition, and are on the alert to detect these
deficiencies during their early stages of development."

MODERN GROUP DISCUSSION. Lyman Judson and Ellen Judson.
Organization (The H. W. Wilson Co., New York, 1937, pp. 198.)
Discusses uses and benefits of group discussion, experi-
ments that have been tried, how to plan a discussion meeting, to stimulate
discussion and to evaluate it.

Personal FAMILY LIFE. Mrs. Raymond Sayre and Mrs. Fred Fishbeck.
(Rural America. Vol. 16, March 1938, No. 3, p. 8.) In

the discussion of these papers it is brought out that farm families must learn to be content and to feel security in farm life. Not all rural people have security, and this class outnumbers the substantial rural families. Therefore, to bring about security, we must have a proper income.

Personal FAMILY LIFE EDUCATION SERVICE. Grace Powers Hudson.
(American Home Economics Association. Series 1, No. 1, March 1938, pp. 1-15, mimeo.) The first issue of a

mimeographed publication by the American Home Economics Association. The contents are: Motion pictures, radio, studies, miscellaneous helps, books, bulletins, and articles in periodicals. The editor, Mrs. Grace Powers Hudson, says, "Family Education Service is being prepared for workers in the various phases of education for family living. . . . The material will be assembled by the assistant in child development and parent education and critically read by a technical committee." Among those on this committee is Mrs. Lydia Ann Lynde, extension specialist in parent education of the U. S. Department of Agriculture.

Personal SUCCESSFUL LIVING. Walter Beran Wolfe. (Farrar & Rinehart, Inc., New York, 1938, pp. 180.) This book is intended to serve as a companion volume to How to Be

Happy Though Human and is addressed to normal individuals, giving them advice on everyday problems of life.

Personal DIAGNOSING PERSONALITY AND CONDUCT. Percival Mallon Symonds. (D. Appleton-Century Company, Inc., New York, 1935, pp. XVI + 602, illus. 9.) Shows the progress made

in methods and technique of treating and judging personality, and summarizes the research that has been done. Intended as a background in educational psychology. Some chapter headings are: Rating Methods; Tests of Conduct, Knowledge, and Judgment; Physiological Measures of the Emotions; Interviewing; and External Signs of Conduct.

Personal SELECTED REFERENCES ON EDUCATION FOR FAMILY LIFE. Grace Powers Hudson. (American Home Economics Association, Mills Building, Washington, D. C., 1938, pp. 1-32.) A

bibliography, under the headings: Child Guidance, Family Relationships, Health and Physical Development, Homemaking, Marriage, Methods and Materials, Nursery and Early Childhood Education, Personality Development, Play Education, Psychology, Recreation and Leisure, Sex Education, Youth.

1. The first part of the document is a list of names and addresses of the members of the committee.

2. The second part of the document is a list of names and addresses of the members of the committee.

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11. The eleventh part of the document is a list of names and addresses of the members of the committee.

12. The twelfth part of the document is a list of names and addresses of the members of the committee.

Foods WHAT IS A FROZEN FOOD? (Food Industries. Vol. 10, April 1938, No. 4, pp. 236-250.) Tells how fast is "quick" when applied to frozen foods, and the amount of foods preserved by this means and by other methods of freezing employed in 1936, 1937, and 1938. It then tells of the various methods of freezing: "Sharp," "air blast," "tunnel," "single contact," "double contact" (this is the Birds Eye system), "spray or fog," "block ice," and "immersion." It also speaks of some unclassified methods, such as the one used in freezing poultry, developed by John N. Crider. Other things more important than the method of freezing, appreciation of frozen products, and a directory of frozen food manufacturers are included.

Foods QUICK FREEZING - THAWS FROZEN CHANNELS OF DISTRIBUTION. Ivan C. Miller. (Food Industries. Vol. 10, No. 4, April 1938, pp. 199, 202.) Gives the history of freezing foods for preservation and explains the necessity for quick freezing and how products are frozen quickly. Explains that the term "frosted foods," which is a misnomer, was used in describing a new product in a way that would avoid prejudice, since the results of nature's freezing methods are well known. "Quick" freezing means, frozen in a few minutes or a number of hours; this term is ambiguous, too. There is a best freezing temperature for each variety of every item of perishable food. Certain foods make better frozen products than others. Such facts as these lead to the belief that frozen-food distribution will have an important effect on agriculture.

Food and Nutrition USES FOR WAYSIDE GREENS. (The Rural New-Yorker, March 12, 1938, p. 190, illus. 5.) A short discussion of many varieties of wild plants, such as pigweed, water cress, sour dock, field mustard, or peppergrass, which may be used in season for giving variety to the diet.

Food and Nutrition FOOD FALLACIES. Lulu A. Graves. (Parents Magazine, Vol. 12, November 1937, No. 11, pp. 32, 99-100, illus. 1.) An attempt to correct some of the common ideas about foods which people have. It takes up not only questions about a particular food but also combinations of food. Illustrations are particularly applicable to the feeding of children.

Textiles and Clothing THE TECHNOLOGY OF WASHING. J. T. Holden and John N. Vowler. (The British Launderers' Research Association Director and Laboratory, Hill View Gardens, London, 1935, pp. vii + 184.) Contents are: Aims of good washing, White-work washing processes, Bleaching, Blueing, Starches and starching, Washing materials, Use of acids in the laundry, Woolens, Silks, Processes for colored goods, Processes for special classifications, Removal of stains, Water, Instruments in the washhouse. The subject is covered comprehensively and in a manner adapted to the use of housewives.

Textiles and Clothing FRACTIONATION AND COMPOSITION OF SULFONATED OILS. Ralph Hart. (American Dyestuff Reporter. Vol. 26, September 6, 1937, No. 18, pp. 549-553.) Explains the formation of sulfonated oils and their uses.

Textiles and Clothing TEST FOR CARBON TET. Questions and Answers, The National Cleaners & Dyer's "Trouble-Shooting" Department. (The National Cleaner & Dyer. Vol. 29, February 1938, No. 2, p. 36.) Answers to questions about the safety of the use of carbon tetrachloride for cleaning textiles. Carbon tetrachloride is the principal part of Pyrene fire-extinguisher fluid. A number of so-called safety home-cleaning fluids on the market are a mixture of carbon tetrachloride and naphtha. The naphtha will burn at temperatures of 70° to 125° F. Such cleaning fluids are usually sold in groceries, garages, or filling stations, and they are not at all safe, for the carbon tetrachloride will evaporate quickly, and then the petroleum base will burn freely. Directions are given for testing the cleaning qualities of cleansing fluid.

Textiles and Clothing NEW METHODS OF MODIFYING THE AFFINITY OF FIBERS FOR DYES. A. Patterson. (Textile Colorist, Vol. 59, October 1937. No. 706, p. 665.) Tells of some new methods of treating animal and vegetable fibers in order that they may take dyes better. One method is that of using ethylene and propylene oxide, another is a process called Aceta Ges.

Textiles and Clothing TEXTILE TESTING. James Lomax. (Longmans, Green & Co., New York, 1937, viii + 176, illus. 42.) A textbook covering the elements of textile testing and intended as a guide for students, factory testers, and others in the textile trade. It describes in detail the characteristics of various fibers used in textiles and explains how to perform various tests, such as judging weight, count, length, and strength.

JUN 24 1938

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension,
Washington, D. C.

No. 316

June 1, 1938.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Education TEACHING WITH MOTION PICTURES. Edgar Dale, Lloyd L. Ramseyer. (The American Council on Education. Washington, D. C., 1937, pp. viii + 59.) Contents include: Should silent or sound pictures, or both, be used? What are satisfactory sources of films? Should we rent, buy, or use free films? How should the films be chosen? Should some person be put in charge of the equipment, and, if so, what are his duties? What provisions should be made for the storing, handling, and distribution of films and equipment? How shall the films and equipment be serviced? What records must be kept in the handling of films? How shall we train teachers to make the best possible use of films and equipment? What specific suggestions can be given on, How to teach with films?

Education EDUCATION FOR THE 85 PERCENT. J. W. Studebaker. (Industrial Arts and Vocational Education. Vol. 27, May 1938, No. 5, pp. 179-182.) The author points out the cultural value of vocational education, and says, among other things, "Young people, particularly the less abstract-minded ones, will develop culturally from vocational studies rightly used, better than they will from the more abstract studies." As a definition for cultural studies he says "Probably first and foremost in the process of cultural education we would expect to develop an understanding of one's responsibility for social well-being...The second most essential aspect of culture is the possession by the individual of sufficient information, social experience, and aesthetic appreciation to enable him to bring his own judgments and decisions in line with social demands, to cause him to possess broad human sympathies--the milk of human kindness." This is the kind of vocational education the author thinks should be given to the 85 percent of young people.

Management

THE LAND. Mrs. S. R. Gardner. (Rural America. Vol. 16, March 1938, No. 3, p. 4.) A paper presented at the American Country Life Association meeting which says that common interests are the very foundation of rural family life. A study of 165 families, by the Farm Management Association, showed that in answer to the question, What it takes to operate a farm successfully, managers placed first, family harmony and unity of purpose as a means to a better job of farming. Other replies were that husband and wife must work together. The family must like farming, for no one can be successful in a profession he does not like. Thus it seems that the home and its family is the ultimate measure of successful farm living.

Management

CONSUMER GOODS. Edward Reich and Carlton John Siegler. (New York, American Book Co., 1937. pp. xii + 526. illus.) A textbook planned to meet needs of business courses and courses for consumers. The aim is to help young people understand goods, to teach them how to use and choose them. Describes many materials in which the everyday consumer is interested, such as cotton, linen, wool, leather, paper, rubber, glass, cosmetics, and foods. It includes a study of the process of manufacture, types of uses, and their applications. Methods of judging and testing genuineness of goods are given, with hints for their proper care. Contents include: The material foundations of modern civilization; Textiles, cotton; linen; wool; silk; rayon; minor fibers; Care of textiles; fur; leather; wood; paper; rubber; glass; china; Metals; gold, silver, and platinum; Gems; A thousand and one oils; Paints, and varnishes; Cosmetics; Foods.

Management

THEY GET WHAT THEY WANT! Ruth Crawford Freeman and Candace A. Hurley. (Successful Farming. Vol. 36, March 1938, No. 3, pp. 62, 80-81, illus. 5.) Gives a report of household accounting work begun in Illinois 10 years ago, as well as examples of how some housekeepers have used the knowledge acquired in this way. It says, for example, costly leaks in the family purse have been stopped, and answers the question, "How much money shall the children spend?" The summarizing of facts in the reports has made them useful in setting up short - and long-time goals for family happiness.

Foods TESTING CANNED TOMATOES. M. C. Phillips. From the manuscript, "Helping Mother Buy Groceries," a book for boy and girl consumers, now in preparation. (Consumers' Digest. Vol. 3, April 1938, No. 4, pp. 76-80.) Gives instructions in testing canned tomatoes for quality. It says in part that phrases like "supreme flavor," "finest quality," or "fancy quality," and the glowing pictures on the can, have little relation to the actual quality of the contents. It speaks of the grades set up by the Bureau of Agricultural Economics as standards that should be used, and tells how a class can carry out an experiment in writing the specifications for some canned vegetables, such as tomatoes.

Foods SHELLFISH FOR FOOD. Dr. Louise M. Perry. (Scientific Monthly. Vol. 46, April 1938, No. 4, pp. 337-343.) Describes shell foods used through the centuries and in various countries. Besides the many kinds of clams and oysters, these shell foods include the animals of the moon shell, the turban shell, the fish from which Tyrian dye is obtained, the datefish, abalone, mussels, snails, and scallops.

Foods CANNING. . . SOME WHYS AND WHEREFORES. Lola Clark Pearson. (The Farmer-Stockman. Vol. 51, April 1, 1938, No. 7, p. 22 (214).) Reviews the steps for canning various foods.

Foods THE EFFECT OF ADEQUATE SCHOOL LUNCHES UPON THE PHYSICAL GROWTH OF MISSISSIPPI SCHOOL CHILDREN. Ernestine Frazier. (Journal of Home Economics. Vol. 30, April 1938, No. 4, pp. 258-261.) The results of this study showed that there was a greater tendency toward physical improvement in those who had lunches than those who had not.

Foods STUDIES IN CAKE DECORATING. Charles "Al" Brandt. (Bakers Weekly. Vol. 97, February 12, 1938, No. 7, pp. 57-59.) One of a series of articles on cake decoration which gives detailed instruction in making all sorts of decorations for cakes. Deals with tubes and their uses.

Equipment THE STORY OF AMERICAN FURNITURE. Thomas Hamilton Ormsbee. (The Macmillan Company. New York, 1937, pp. xxix + 276, 31 illus.) Written to give an appreciation of good early-American furniture. Chapter headings are: What to collect, and how to do it; Detecting the genuine; Our cabinetmakers - when and how they worked; Chests, and chests of drawers; Tables, large and small; Four-posters, high and low; Desks and secretaries; Two centuries of chairs; Windsor chairs; Sofas and settles; Cupboards, dressers, and sideboards; Highboys and lowboys.

Equipment HOME ECONOMICS IN THE FIELD OF RURAL ELECTRIFICATION. Clara O. Nale. (Journal of Home Economics. Vol. 30, April 1938, No. 4, pp. 223-225.) The author says that where 1 farm in 10 had electricity in 1935, when the Rural Electrification Administration was established, today about 1 farm in 6 has it. Tells how rural electrification was created and the work that it does. An outline is given of the part of the program of R.E.A. which has direct application to the home and to points the homemaker should know about electricity in order to use it well. Among these points are: 1. A knowledge of the amount of money the family has to spend. 2. A knowledge of the service which electricity brings into the home, or an appreciation of electric service. 3. How electricity can increase family cash incomes.

Equipment HOME DECORATION - KNOW YOUR CHAIRS. Jeanetta Jamison. (The Farmer's Wife. May 1938, pp. 28, 41.) Describes and gives the history of chairs that are often not valued in the home. The author says they are the ones she often sees on back porches, in kitchens, in back bedrooms, in woodsheds and barns, and that she thinks we do not know or appreciate these chairs as well as we should. Some of the chairs she discusses are the fiddleback, the Windsor type, early-American armchairs, the gentleman's chair of the Victorian period, the Boston rocker, and the Hitchcock painted chair.

Equipment MAKING HOME FURNISHINGS. Agnes Mackenzie Miall. (Sir Isaac Pitman & Sons, Ltd., London, 1937, pp. xii + 179, illus. 100.) By a British author, the book tells how to make curtains, cushions, slip covers, bedding, rugs, and lamp shades, and how to drape dressing tables.

Equipment WHAT YOU BUY IN AN IRON. Thelma Beall. (The Ohio Farmer. Vol. 181, March 12, 1938, No. 6, p. 21.) Tells what points to look for when choosing a flatiron.

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension,
Washington, D. C.

JUL 8 - 1938

No. 317

June 8, 1938.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Foods FROZEN FOODS - COLD STORAGE LOCKER WINS FAVOR WITH FARM FAMILIES. Miriam J. Williams. (The Farmer's Wife. May 1938, pp. 15-16.) The advantages of cold-storage lockers and various methods of operating them are explained, and the freezing of food is discussed.

Foods "SUGARIN" FROM A WOMAN'S STANDPOINT. Helen Dodd, collaborating with Annette C. Dimock. (American Cookery. Vol. 42, April 1938, No. 9, pp. 559-563.) Describes the process of gathering and cooking down maple sap into syrup and sugar, and gives a picture of how it was done in her grandfather's day. She also speaks of the dietetic value of the sugar and gives some recipes for its use.

Foods and Nutrition THE BOSTON COOKING SCHOOL COOK BOOK. Fannie Merritt Farmer. (Little, Brown, and Company, Boston, 1936.) A new and completely revised edition in which recipes have been regrouped in such a way that similar ones are brought together. More chapters have been added on "Canapes and Hors D'Oeuvres", "Foreign Recipes," and Regional Recipes." New illustrations.

Foods and Nutrition EXPERIMENTAL FOOD STUDY. Agnes Fay Morgan and Irene Sanborn Hall. (Farrar & Rinehart, Inc., New York, 1938, pp. XVII + 414.) An advanced and highly technical textbook on cookery for the use of university students.

The Child

HOW BABY CARE HAS CHANGED. MODERN STYLES IN BABY CARE ARE PRODUCING STURDIER YOUNGSTERS THAN EVER BEFORE.

Ernest Caulfield. (Parents Magazine. Vol. 13, January 1938, No. 1, pp. 21, 48, and 69.) Compares present-day knowledge and ideas about child care with those of the period before 1900. It says, for example, that stockings have been found not to be all that they were thought to be for sore throats. We know that appendicitis causes more acute pains than green apples. Bowlegs are not fashionable any more. Vegetables in a wide variety are an advantage to today's babies. In the old days children received cod-liver oil only when they had chronic diseases, and were given an orange only at Christmas. The treatment of vitamin-deficiency diseases is one of our greatest pediatric accomplishments. Convulsions are not one-tenth so frequent since we have learned to study their causes and have found that tetany, the principal cause, can be prevented.

The Child

CAN MOTHERS FIND TIME FOR FUN? Katharine Dummer Fisher. (Parents Magazine. Vol. 12, December 1937, No. 12, pp. 22-23, 105-106, illus. 2.)

Child care and time management is the theme. It advocates a 2-week vacation entirely away from her children each year for every young mother. Also, it recommends that alternate Sundays be devoted to the interests of children and adults.

The Child

TEEN-AGE TECHNIQUES. You cannot force or argue young people into making good social adjustments, but you can help them in other important ways. J. Allan Hicks.

(Parents Magazine, Vol. 12, November 1937, No. 11, pp. 18-19, 46, illus. 1.) An article on parental guidance of youth. It cites cases, showing how different methods have worked out with various types of children.

The Child

FEEDING THE NORMAL INFANT AND CHILD. Katharine K. Merritt. (Journal of the American Dietetic Association. Vol. 14, April 1938, No. 4, pp. 264-268.)

A reply to an editorial in the Journal of the American Medical Association entitled "Are We Growing Bigger?" which questioned some of our modern teachings regarding child feeding. Gives the author's ideas of what should be included in a desirable diet.

Textiles DETERGENTS AND THEIR APPLICATION TO THE TEXTILE
INDUSTRY. J. B. Crowe. (American Dyestuff Reporter.
Vol. 27, February 21, 1938, No. 4, pp. 94-97.)

The detergents discussed are: Soluble soaps, metallic soaps (the trouble-makers), and synthetic detergents or soaps. This article tries to answer the questions: What is soap? Do they all behave alike? If not, why not? Why do detergents clean? and, Am I using the best one for my purpose? It says that "While soaps have certain disadvantages, synthetic soaps have their limitations insofar as general detergency is concerned; soap is still supreme except for some applications." Most of this article is intended for the manufacturer of clothing.

Clothing FITTING FEET FOR LIFE. Beulah France. (Hygeia. Vol.
16, April 1938, No. 4, pp. 308-310.) Describes the
ill effect coming from bad-fitting shoes and tells

how shoes should fit from babyhood to adulthood. Tells something of the care of the feet. It says that short stockings may cause as much difficulty to babies as their shoes may cause, and that until the child passes the lap-sized age he needs neither shoes nor stockings, except for possible warmth, and for his mother's esthetic satisfaction. When he is crawling about he needs soft kidskin shoes with both soft uppers and soles. As soon as he begins to walk he needs stiffer but flexible soles on his shoes.

Clothing and EMBROIDERY - Design and Stitches. Kathleen Mann.
Textiles (A. & C. Black Ltd., London, and The Macmillan Co.,
New York, p. 48, illus.) The preface says: "The pur-

pose of this book is to assist students or artists not to make reproductions of these works of the past but to produce embroideries consistent with the spirit of the present time; works which may be useful in the home, or ones which may in the future take their place among the fine arts of this century. The author hopes to point the way to spontaneous and creative design through stitching and to widen the outlook towards the possibilities of and results obtainable by the use of the extensive range of modern materials. There are many people who say that they cannot make their own designs because they cannot draw. It is hoped that this book will help them to realize that a sense of good design for embroidery does not necessarily depend on the ability to draw In a book of this size it is only possible to deal with a certain number of stitches; those chosen for illustration and description are ones which can be used in many different ways, and it is consistent with the rest of the book if the student is asked in this case to keep the experimental attitude when studying stitches. In so doing she will be agreeably surprised to find the number of different ways in which one stitch or several stitches together can be used."

Social PRESENT STATUS AND FUTURE TRENDS IN THE SOUTHERN WHITE FAMILY. Bernice Milburn Moore. Social Forces. Vol. 16, March 1938, No. 3, pp. 406-410.) Analyzes problems involved in migration of people from the southeastern sections of the country where per-capita income has been low and birth rate high. The problems involved concern health, diet, housing education, and recreation as well as income on the attitudes, ideals, and social and economic adequacy of the families or individuals. The author asks whether or not moving these people to other areas will tend to lower standards in the areas into which they move. She says, however, that the birth rate in the South has decreased faster than in any other area of the country, though it is still the highest of all among the whites of the South, the modern-sized negro family being now 3.36.

Social RURAL COMMUNITY PATTERNS OF SOCIAL PARTICIPATION. Olaf F. Larson. (Social Forces. Vol. 16, March 1938, No. 3, pp. 385-388.) A report of the study made in six village centers in Minnesota having a population between 1,000 and 1,500. It was found that there was considerable contrast in the patterns of social participation peculiar to each community, also in amount of participation in various activities. In one community, for example, athletics may occupy a large percentage of time spent in organized group life; in another, musical, fraternal, or educational activities are important, and in others religious activities stand first. It says, one in six of the sample population did not attend any form of organized activities. Fewer farm people participated than village people. Males predominated in athletic and socio-economic activities; females, in educational, social, and socio-religious affairs.

Social THE EFFECTS OF INSECURITY ON FAMILY LIFE. William Haber. (Annals of the American Academy of Political and Social Science. Vol. 196, March 1938, pp. 35-44.) An article relative to the effect of increasing insecurity on family life. The author discusses family changes as effected by the industrial revolution, industrial accidents - of which 14,500 resulted fatally and 55,000 brought about permanent disability in 1933 - the social effects of unemployment which brings about discouragement and bitterness and results in other difficulties, such as drinking, brutality toward wife and children, and loss of self-respect; family health, which the author believes is lower in times of insecurity, in spite of the fact that some others claim that it was better during depression times than in normal times; family social life which must be adjusted when the breadwinner is unemployed; size of the family which decreases with insecurity; marriage and sex mores, the transient family, women in industry, and social effects of industrial home work.

JUL 8 - 1938

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension
Washington, D. C.

No. 318

June 15, 1938.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Health

STANDING AS A GEOTROPIC REFLEX. Frances A. Hellebrandt. (The American Journal of Physiology. Vol. 121. February 1938. No. 2, pp. 471-474.) A report of a study of how man actually stands. From the test made it was found that the human being shifts his weight center within the base of support continuously when he is standing "quiet." In conclusion the author says, "Standing is in reality movement upon a stationary base, sway being inseparable from the upright stance." Such movement brings about postural contraction.

Health

MODERN HOME MEDICAL ADVISER: Your Health and How to Preserve It. (Doubleday, Doran & Co., Inc., New York. 1935. pp. xxxi 905. illus. 136.) The preface says this volume is planned to tell what every intelligent person ought to know about scientific medicine and hygiene, and to answer questions concerning common and even some extraordinary illnesses that may develop in any family, such as infectious diseases, deficiency diseases, disturbances of metabolism and digestion. It also is designed to be a guide to hygiene and first aid, diet, posture, mental hygiene, care of the feet, the family medicine chest, and choice of a physician.

Health

HOME ACCIDENT PREVENTION. John Melpolder. (Journal of Home Economics. Vol. 30. April 1938. No. 4, pp. 231-234.) The author points out the fact that homemaking is beset by more dangers than any phase of public and industrial life and activity, that home accidents occur most often to women, infants, and elderly people. He urges that home economists give attention to the elimination of dangers in the home. The factors involved in 642 home accidents were partly mechanical and partly personal. Of the former, 18 percent of the accidents were caused by using equipment in disorder, and 10 percent by the improper use of suitable equipment. Lack of light in the house or outside stairs caused 4 percent of the accidents. Poor judgment was the cause of 24 percent of the accidents. Carelessness of adults responsible for children under 4 years was the cause of 10 percent. Hurry was the cause of 6 percent.

Child OUTGROWING THE FAMILY. Bess V. Cunningham. (National Parent-Teacher. Vol. 32. April 1938. No. 8, pp. 5-8.)

Emphasizes the importance of helping the child to grow up normally, and states it is just as necessary to fit him with the proper sized emotional experiences as to fit him with large enough shoes and other articles of clothing.

Child ALL THE WORLD'S A STAGE. Christine K. Simmons. (National Parent-Teacher. Vol. 32. April 1938. No. 8, pp. 28-30.)

Discusses ways and means of handling children who have worked out unfortunate ways of gaining applause from their contemporaries and suggests substitutions which may be made for former activities. It also gives hints as to how to help the child on his way toward popularity. Concludes with: "In fact, when it comes to guiding children, it's the 'pinch' of understanding and the 'smidgin' of adjustment blended with commonsense and patience, that help mightily to get results in the long run."

Child PARENTS THEN AND NOW: The problems that parents face with their children have remained much the same through the years, but methods of handling them have changed enormously.

Sidonie M. Gruenberg. (Parents Magazine. Vol. 13. January 1938. No. 1, pp. 14-15, 40-42.) A comparison of methods now used by parents in handling children with methods advocated 50 or more years ago.

Child RELATION OF THE CREATININE-HEIGHT COEFFICIENT TO VARIOUS INDEXES OF NUTRITION. Amy L. Daniels, Mary K. Hutton, and Berniece Neil. (American Journal of Diseases of Children. Vol. 55. March 1938. No. 3, pp. 533-543.) A report of another attempt at finding indexes to show the relation between nutritional condition and the stature of the child. The index chosen in this case was the creatinine-height coefficient to the various indexes of nutrition.

Child MOTHER - THE FIRST TEACHER. Pauline Bosworth. (National Parent-Teacher. Vol. 32. March 1938. No. 7, pp. 20-21 and 31.) The author warns parents about using old-

fashioned methods of teaching children at home. She says parents can give to the child: Wide experience in various interests, reasonable facility in the use of ideas, sufficient command of simple English to enable the child to speak with ease, a relatively wide speaking vocabulary, accuracy in pronunciation and enunciation, and, lastly, the development of a genuine desire to read; and further, "Don't teach the child to spell. Let him learn groups of words rather than single words and have him print carefully rather than try to write."

Textiles and
Clothing

FIREPROOFING RAYON FABRICS. Practical Hints on a
Difficult Process. H. Roche. (American Dyestuff Reporter.
Vol. 26. December 27, 1937. No. 26, pp. 827-829.) Tells
how noninflammable rayon yarn can be produced by incorporating various
metallic compounds in cellulose-acetate fabrics. Such fireproofing is im-
portant for fabrics used for decorative purposes.

Textiles and
Clothing

THE USE OF STANDARD DYEINGS IN TESTS FOR COLORFASTNESS TO
LIGHT. W. D. Appel. (American Dyestuff Reporter. Vol.
27. January 10, 1938. No. 1, pp. 15-16.) After dis-
cussing various ways to make tests for color fastness, the author says that
the best method is to expose materials to be tested along with another
material of known fastness to the same conditions of light, heat, moisture,
and like conditions. This method of testing avoids difficulty brought
about by differences in the atmosphere at the time tests are made.

Textiles and
Clothing

MOTHPROOFING SOLUTIONS. E. A. Back. (National Cleaner
and Dyer. Vol. 29. April 1938. No. 4, pp. 44, 46, and
68.) Explains the use of mothproofing solution as a means
of preventing insect damage. The insects studied are the webbing clothes
moth, the furniture carpet beetle, the black carpet beetle. It seems more
difficult to control carpet beetles than moths. The author says that
aqueous arsenical solutions commonly advertised have little efficacy. Cloth
treated with penta-chloro-dioxy-triphenyl-methane-sulphonic acid solution
applied in the hot dye-bath, as a part of the factory procedure, to the
extent of 2 percent by weight of the chemical to the weight of the dry
woolen goods was quite effective. This treatment was effective after six
washings in mild soap-water solution, six dry cleanings and weather testing
of 10 to 30 days. This solution may be used on woolen blankets.

Textiles and
Clothing

SELECTING MEN'S CLOTHES. Edna R. Gray. (Capper's
Farmer. Vol. 48. November 1937. No. 11, p. 41, illus.)
Tells what men demand in ready-made shirts and how to
select shirts that will meet these requirements. The demands are that they
shall not shrink out of fit; that the sleeves shall be long enough for the
collar size and that the collar and the neck band be in correct proportion
to each other. The item says that in buying shirts for men one must know
the size of both neck and sleeve and must check the fabric to see that it
is sufficiently soft for comfort but woven for durability.

Housing FINDING BATHROOM SPACE. Mary E. Thorkelson. (Capper's Farmer. Vol. 48. November 1937. No. 11, p. 40, illus.) Designed to give suggestions to the farm householder on how to find space and to arrange a bathroom in an old house.

Housing BILLION-DOLLAR MARKET FOR TENANT HOUSES SEEN ON FARMS OF NATION. Program would Benefit Millions of People in America Through Increase of Employment and Sale of Materials, Appliances, Home Furnishings, Second Dwelling on Farms Proves Profitable Investment by Stabilizing Labor, Improving Agriculture, Providing Home for Retired Owner. (American Lumberman. No. 3117. January 15, 1938, pp. 28-30.) On the need for tenant houses on many farms. Pictures of farm homes now in existence and brief histories are included. Most of the houses described are in Illinois.

Social EDUCATION FOR DEMOCRACY: Proceedings of the Nineteenth American Country Life Conference. (The University of Chicago Press, Chicago, Ill., 1937, pp. 153.) One of the papers included is "Self-Education by Parents" by Alice Sowers. It outlines the various methods followed in past generations in bringing up children, and to the present time. It then explains how to organize a study group and names some things to consider for discussion. Another paper on "The child" is "How is the Personality of the Child Determined?" by Kenneth L. Heaton. Another chapter, by Betty Eckhardt, tells how to conduct a recreation program. Includes a discussion, not only of community recreation, but also of recreation in the home.

Social THE MARGIN OF ECONOMIC SECURITY FOR FARM FAMILIES. Louis H. Bean. (Annals of the American Academy of Political and Social Science. Vol. 196. March 1938. pp. 25-34.) Discusses the economic insecurity of farm laborers, farm income in prosperity and depression, variations in income and security, margin of security of owner-operators, farm tenant margin of security, economic aspects of cotton and farm laborers' margin of security. He says in part "... In general, the types of farms where the margin of security most quickly vanishes are those in which the families are dependent upon a single crop, where production for foreign markets exceeds that for domestic markets, where depleted or deteriorating soil is being worked, where farms are located in areas of great weather hazards, and where families have only seasonal tenure."

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension
Washington, D. C.

AUG 5 - 1938

No. 319.

June 22, 1938.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Textiles and Clothing THE ROMANCE OF TEXTILES. Ethel Lewis. (The Macmillan Company, New York, 1937, pp. xii + 377, 40 illustrations). Describes the fabrics made in many countries both ancient and modern and how they were woven and colored.

Textiles and Clothing DRESSMAKING MADE EASY. The McCall Company. (The McCall Co., New York, 1935, pp. 72). A sewing book telling how to lay the pattern on the goods; adjust it to measurements; cut out material; assemble the pieces; and finish seams, hems, necklines and other details.

Textiles and Clothing APPLIQUE - Design and Method. Kathleen Mann. (A. & C. Black, London; and Macmillan & Co., New York, pp. 48, numerous illus.). The preface says the author endeavors to show how suitable designs can be made for "....most kinds of applique work, and to describe and illustrate various stitches used for the different processes....the endeavor is towards spontaneous designing - that is to say, designing where the minimum amount of drawing is necessary." She describes designs, stitches, and articles ornamented with applique.

Textiles and Clothing BETTER BUYMANSHIP. Fabrics No. 23. Burr Blackburn, Bernice Dodge, Leone Ann Heuer, ed. (Household Finance Corp., Chicago, 1938, pp. 38). This bulletin on judging fabrics discusses the exact meaning of the label, the qualities of the yarn and fiber, how fabrics wear, lowering their dry cleaning effects, the construction of fabrics which are needed, filled, braided, etc; the materials of which fabrics are made and identification tests for fabrics.

Textiles and Clothing ENGLISH COSTUME. FROM WILLIAM I TO GEORGE IV, 1066-1830. (A. & C. Black, Ltd., London, 1937, pp. xvi + 463). This book is quite fully illustrated with both drawings and color prints.

Management THE SECRETARY BRIDE COMES HOME. Linda Douglas. (The American Home, Vol. 19, May 1938, No. 6, pp. 67-68 and 83).

This article tells how the author used secretarial methods in connection with her housekeeping. She urges that there be a sufficient supply of pencils, paper clips, rubber bands, and like articles in the office equipment of the homemaker; and that desks in guest rooms contain the accessories which any well-fitted desk should have. She is of the opinion that 95 percent of homes never have enough memorandum pads, and believes in writing notes to herself and recording engagements to relieve her mind of many small details which include dates of birthdays, gifts to be sent, things to order, and notes to write.

Management MANAGING PERSONAL FINANCES. David F. Jordan. (Prentice-Hall, Inc., New York, 1936, pp. xii + 426). This book, designed for lay leaders, explains the value of money; investments; busi-

ness cycles; monetary changes and standards; factors involved in buying on credit and buying on time; personal budgets; thrift and saving institutions; securities; speculation in stocks; problems of borrowing and lending money; owning and renting a home; the buying of a home; insurance; annuities; trust funds; pension plans; banking, such as checking accounts, protection of deposits, etc.; how to remit money, and making a will.

Management A CASE STUDY OF THE EFFECTS OF CONSUMER CREDIT UPON THE FAMILY. Earle Edward Eubank. (Annals of the American Academy of Political and Social Science, Vol. 196, March 1938,

pp. 211-220). A study made in Cincinnati and Hamilton County, Ohio. It reports the disadvantage of the position of the borrower, the natural history of the credit victim, the ignorance of the borrower, his irritability, and makes an appraisal of consumer credit. Among the conclusions reached are the following four: "1. The major abuses of extortionate consumer credit have been reasonably curbed, so far as they can be reached by legislation. 2. The chief abuses which still exist within those communities having legislative protection grow out of the weaknesses to be found within the customer himself. 3. Society in general must share responsibility for the client's 'individual weaknesses' which contribute to these adverse situations. 4. Future plans for alleviating the adverse effects which still come to the family through consumer credit must include provision for education as to the rational handling of financial affairs and the development of personal responsibility with reference to them."

Management A.S.A. AUTHORIZES WORK ON BEDDING STANDARDS. (Industrial Standardization and Commercial Standards Monthly, Vol. 9, April 1938, No. 4, pp. 93). An announcement that the American

Standards Association Council has initiated a project for sending out bedding standards. The work will include grades for filling materials and labels to show the composition and quality as well as to identify new and second-hand material.

Extension THE WOMAN WITH A HOE. (The Farmer Stockman, February 1, 1938, p. 7). A report of work done by Oklahoma farm women in connection with extension work in canning and the production of vegetables for home use.

Extension AGRICULTURAL LEADER'S DIGEST. (Vol. 18, March 1938, No. 3). This volume contains items by extension workers. "Gardens for Health," Beatrice Fehr, Delaware County, New York. "Farm Women Run this Market," Jane S. McKimmon, assistant director of extension, North Carolina. "The Women's Home Market Paid the Bills," Edrie Speir, home demonstration agent, Craighead County, Arkansas. "Both Reach-In and Walk-In Closets for Modern Kitchens," Lillian L. Keller, home improvement specialist, Tennessee.

Extension TRENDS IN EXTENSION SOCIOLOGY. Howard W. Beers. (Rural Sociology, Vol. 3, March 1938, No. 1, pp. 34-41). "Rural sociology should be an integral part of the extension structure, not merely an accessory. Its chief obligation to extension work is to help orient the whole program. The trend in extension work from solitary activity of specialists to a group or clinical approach provides a new opportunity to make this contribution. Rural sociology should contribute also some of its careful research attitudes and analytical methods to extension work. Finally, rural sociology, in cooperation with other fields should approach the solution of what laymen call 'social problems.'"

Extension SOME PROBLEMS OF THE EXTENSION RURAL SOCIOLOGIST. D. E. Lindstrom. (Rural Sociology, Vol. 3, March 1938, No. 1, pp. 42-47). "Extension work in rural sociology, carried on under the Smith-Lever Law enacted in 1914, is relatively new; the earliest efforts predated the enactment of the law, however. Efforts under the law began earliest, probably, in New York, Missouri, Iowa, and Wisconsin. Administrators are now facing problems in human and group relationships as they never have before; the more specific and concrete the help offered by the rural sociologists, the more their assistance will be sought and used. Problems faced by extension rural sociologists (1) relate to the development of a program which will fit into the terms of the Smith-Lever Law, (2) include efforts to reinterpret and make of practical use subject matter from the field of sociology which calls for judgment as to what subject matter to use, and (3) pertain to relating the work in rural sociology to other fields of extension work. The interests of the extension rural sociologist differ in degree only from those of the research worker or teacher; there is need for placing values upon findings so that they may be applied to practical situations in the field."

Housing THE HOME ECONOMIST'S PART IN THE FIELD OF HOUSING. Paulena Nickell. (Journal of Home Economics, Vol. 30, April 1938, No. 4, 226-230). Suggests adding to the usual course which includes house sanitation, home care, house planning and decoration, certain facts about programs for low-rent housing and other national movements to improve housing through financial aid and the study of housing conditions and needs. It advocates group discussion for adults to promote an understanding of the value of decent, sanitary, safe, attractive, and comfortable homes and to change their attitudes toward unsatisfactory conditions.

Housing WHEN PAINTERS PAINT - THIS IS THE WAY THEY DO IT. Orinne Johnson. (The Farmer's Wife. May 1938, pp. 29, 39). Gives detailed instructions on how to sandpaper woodwork surfaces, how to fill nail holes and cracks, how to choose brushes and paint, and how to apply the paint. In painting chairs the author says to paint the legs and rounds, the split back, the front of the back, and last of all the seat. Lastly it tells how to clean up after a painting job.

Housing THE HOUSE. Mrs. T. M. Johnson. (Rural America, Vol. 16, March 1938, No. 3, p. 6.). Mrs. Johnson said, "The making of a home can no longer be called a drudgery, for it is one of the least monotonous of the professions and one which demands the highest attribute of mind, personality, and executive ability, equal to one managing an important business and he who rears a child can match thrills with anyone." In the discussion of this subject it was brought out that the only intelligent way to change the farmhouse is to educate those who live in it. Only by developing a desire for those things that are good, useful and beautiful will farm families automatically build good farmhouses.

Housing SIMPLIFIED SPRING HOUSE CLEANING. Mary Roeder. (Capper's Farmer, Vol. 49, April 1938, No. 4, pp. 50). Gives instructions for cleaning different types of articles and tells how to plan the work. The author recommends the "dry suds" method of cleaning window shades and upholstery, by first brushing out all dirt and dust, then applying with a stiff fiber brush some whipped soap jelly to a small section, then remove this with clear water by the use of sponges, and proceed until the entire article is clean. Recommends the use of chamois wrung out of clear tepid water to which vinegar has been added for the washing of windows.

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension
Washington, D. C.

AUG 5 - 1938

No. 320

June 29, 1938.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Social HOW SOCIAL PSYCHOLOGY MAY BE APPLIED. Murray H. Leiffer.
(Sociology and Social Research, Vol. 22, November-December 1937, No. 2, pp. 156-159). The methods of applying psychology that are discussed in this article are: Self-direction, influencing or directing the behavior of other persons or of groups. It also tells how groups may utilize the principle of social psychology in controlling a member or members of the group or in directing the program as a whole or in contending with outside persons or groups.

Social BUSINESS OPPORTUNITIES FOR THE HOME ECONOMIST. Chase Going Woodhouse. (McGraw-Hill Book Co., Inc., 1938, pp. xii + 262). This book was written under the auspices of the Institute of Women's Professional Relations, and is the result of a study undertaken to help high schools, colleges, teachers, students, and parents have a picture of where jobs are for home-economics trained women. It also tells what functions they perform; what activities are carried on in them; what personal qualifications, education, and training are necessary for their successful performance. The chapter headings include: The Place of the Home Economist in Business; What the Business Woman Must Know--The Skills She Must Have, and The Kind of a Person She Must Be; Food Jobs; Household Equipment; Textiles; Journalism; and Consultant.

Social ALL ABOUT PARTIES. Nina Kaye. (Crown Publishers, New York, 1938, pp. 326). This book is written to help the person of moderate means in giving a party or merely entertaining a few friends for an evening. It describes simple forms of entertainment and gives complete plans for issuing invitations, for preparing refreshments, etc. Recipes are given for the party dishes. Some of the chapter heads are: "Showers," "Anniversary Parties," "Ice Breakers," "Party Etiquette," and "Party Recipes." There is an index of all games, dances, hunts, etc. and another of recipes.

Food and
Nutrition

FROZEN FOOD PROBLEMS DISCUSSED AT CONFERENCE. (Food Industries, Vol. 10, May 1938, No. 5, pp. 262). Report of the conference recently held on frozen packs for food in San Francisco. It describes the temperatures and conditions which have been found best for preserving different varieties of asparagus, beans, and other foods as discussed by various speakers. The subject of microbiology of frozen packs was mentioned and it was said that experiments show that strawberries held 42 hours at 40° F. had a smaller bacterial count than when held 8 hours at 90° F. Blanching did not necessarily protect peas against bacterial count. The question was asked "Are frozen-packed vegetables safe?" The answer was a definite "Yes," as tests show that botulinus cannot grow at 32° F. or below.

Food and
Nutrition

FADS AND FALLACIES REGARDING FOOD. Milton A. Bridges. (Food Facts, Vol. 7, February 1938, No. 2, pp. 1 and 2). Tells how an analysis of food has helped in the feeding of normal people in the treatment of certain ailments. The author points out the fact that we have had to discard many old beliefs about food and accept many new ideas. Because of this keen interest much erroneous information has been spread as well as correct information. He then mentions some of the fads that have been dangerous to health.

Food and
Nutrition

PECTIN: ITS USE IN CANDY. Eugene B. Edwards. (International Confectioner, Vol. 48, April 1938, No. 4, p. 22). A short article which tells something of the history of the manufacture of pectin and the improvements that have been made in its quality in recent years. The last of these improvements has been the finding a means of overcoming the quick setting property of pectin so that it may be handled in other ways, particularly in molding candy, more easily than could be done with the natural fruit jellies.

Food and
Nutrition

THE COOKERY BOOK. L. P. DeGouy. (Leisure League of America, New York, 1936, pp. 108. Paper.) This little book is designed to promote cooking as a leisure-time activity. It might also be called a cookbook for it contains many recipes.

Food and
Nutrition

CARGO OF SPICES. Edith Key Haines. (Vogue, Vol. 91, April 1938, No. 7, pp. 151-153). This article tells how those who lack herbs may use a great variety in spices in making dishes of unusual flavor. It includes a number of recipes such as Cardamon Soup Custard, a Salmon Steak Dish, Spiced Meringue Cake, Cream Sorrel Soup, Olive Appetizer, Squash with Sour Cream, and other dishes.

Equipment CURTAINING UNGAINLY WINDOWS. Dorothy Latham Benson.
(Capper's Farmer, Vol. 49, April 1938, No. 4, pp. 45 and 48). The author suggests ways of modifying the appearance of ungainly windows and the use of curtaining to improve their appearance. If a window is too short it may be remedied by adding a border 2 to 8 inches in depth and the same width as the window, at the top and covering the pieced out portion with a valance. It tells how to use an unframed mirror to improve the appearance of a type of double windows.

Equipment UNIT EQUIPMENT IN FARM HOMES. Ellen Pennell. (Agricultural Engineering, Vol. 19, April 1938, No. 4, p. 158). A short article which discusses arrangement of the equipment, kitchens of various shapes and sizes, and mentions the advantages that present-day housewives have in being able to get metal cabinets of various sizes for kitchen use. She closes with the wish that companies manufacturing such metal equipment would become more interested in sizes that would fit the needs of more farm families.

Equipment VALUE OF LAMP QUALITY. E. W. Beggs. (Science Abstracts, Section b, Electrical Engineering, Vol. 41, March 25, 1938, No. 483. Abstract from Elect. J. 34, pp. 475-477, December 1937). "The cost of light per million lumen-hours is worked out for 60-W lamps, from carbon filament in 1905 (\$16.55), vacuum tungsten, 1917 (\$6.18), gas-filled tungsten (\$5.34 nitrogen, \$4.20 argon), to coiled-coil argon tungsten (\$3.75). In each case the cost of a lamp is taken as 15 cents and the cost of energy at 4.7 cents per kWh. The influence of efficiency is indicated by a comparison in which a 70.6-W 3,000 hr. lamp is shown to be inferior to a 60-W 1,000 hr. lamp for the same lumen hour output, supposing the less efficient lamp to be supplied free."

Equipment FINISHES FOR FLOORS AND WOODWORK. Lois Johnson Hurley, Ed. (Wisconsin Agriculturist and Farmer, Vol. 65, May 7, 1938, No. 10, p. 17). Tells how to repair worn spots in varnished floor and how to paint a floor. The author says that regular house paint is not made to withstand constant foot friction but is made to withstand destructive weather, therefore it is not suited for floors. A good floor enamel contains a large percentage of varnish which not only forms a tough surface film, but gives a nice finish. The article tells how to wax floors in two ways: One, for the varnished floor that is waxed, and the other for the stained floor.

Management

BRITISH BASE PROPOSED SHOE SIZES ON STANDARD HEEL-TO-BALL PROPORTIONS. (Industrial Standardization and Commercial Standards Monthly, Vol. 9, April 1938, No. 4, p. 83). This brief item mentions the work of a British Committee on Standardization of Last Markings for shoes. The two proposed rules given are: "1. Heel-to-ball length for a standard size 4 women's shoe last should be 6-1/3 inch; the scale intervals per size should be 7/30 of an inch. 2. Girth measurements at the ball of the foot should be designated by letters; size 4D has a girth measurement at the ball of 8 in."

Management

SCIENTIFIC BODY MEASUREMENTS NEEDED--NONSTANDARD READY-MADE GARMENT SIZES TAKE TOLL FROM INDUSTRY AND CONSUMER. Boris Stephen Yane. (Industrial Standardization and Commercial Standards Monthly, Vol. 9, April 1938, No. 4, pp. 77-81, illus.) This article points out the need of better knowledge of dimensions of boys and girls for the purpose of sizing ready-to-wear garments and patterns. It also describes the survey that is to be undertaken by the U. S. Department of Labor in cooperation with the Bureau of Home Economics in the measuring of children.

Management

BATH SALTS. (Consumers' Research Bulletin, Vol. 4 (new series) April 1938, No. 8, pp. 10-12). After telling about the chief ingredients which make up bath salts and the value of each in softening water, this article gives some formulae for making bath salts at home from sodium sesquicarbonate, sprayed with perfume. It says that the cost of such salts is about 10 cents a pound plus a comparable amount to cover the cost of perfume.

Management

MAYONNAISE. (Consumers' Research Bulletin, Vol. 4 (new series) April 1938, No. 8, pp. 12-15). Describes the comparative money values of various kinds of ready-made mayonnaise and salad dressings. The author says that salad dressings can be sold cheaper or with greater profit than mayonnaise because there is no law governing their content as there is of mayonnaise. The law requires that mayonnaise shall be made from a salad oil, eggs, vinegar, and spices.

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension
Washington, D. C.

AUG 11 - 1938

No. 321

July 6, 1938.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Extension WHAT CAN ADULT EDUCATION DO FOR THE SOUTHERN MOUNTAINS?
Della M. Day. (Mountain Life and Work, Vol. 14, April 1938, No. 1, pp. 20 and 21). The author points out how education can improve the health and interests of the southern mountain folk. She mentions among the agencies the agricultural extension work as assisting teachers in planning certain types of work for their classes.

Education SOME PEDAGOGICAL DIFFICULTIES INVOLVED IN THE TEACHING
OF A COURSE IN THE FAMILY. John F. Cuber. (Social Forces, Vol. 16, March 1938, No. 3, pp. 369-371). As the subject indicates, this article discusses pedagogical problems in teaching family life. Some of these would apply in study groups as well as in school courses. It gives the following four aims for teaching a course in the family: Purely cultural, practical, professional objective, and to focus attention on the family as a phase of social organization. It points out that one of the difficulties of teaching this subject is due to the various aims of the members of the groups or student body in taking up a course; and that pedagogical methods should differ with the aims of the course. A list of questions is given which should be answered before mapping out a program.

Education INDUSTRIAL ARTS FOR GIRLS. Harry W. Kroll. (Industrial Arts and Vocational Education, Vol. 27, April 1938, No. 4, pp. 142-147). Shows the result of a study to find out what information was most important in a course in home equipment. The study was made by means of a questionnaire answered by wives of professional men; wives of industrial workers; wives of summer-school students; and men industrial art teachers. The subjects are ranked according to their importance to each group.

Textiles and Clothing A CHART "Construction" (1 large page - New York, Butter-
 ick Publishing Co., 1938). This chart with brief in-
 structions tells how to compare the pattern pieces with
 the diagrams on the pattern and tells of stitches and
 steps to be used in putting the garment together.

Textiles and Clothing MENDING LORE. Edna R. Gray. (Capper's Farmer, Vol. 49,
 March 1938, No. 3, pp. 41 and 46). This item says that
 there are just two ways of mending - one by darning and
 the other by patching. It then goes on to tell the
 proper way of applying each method in the repair of clothing. It recom-
 mends for skillful mending the use of fine needle, small stitches, and a
 thread darker than the color of the fabric, also the following of the
 grain of the material in darning.

Textiles and Clothing SOAP BUBBLES. (School Sewing Service News, Vol. 1,
 April 1938, No. 4, p. 28). Gives instructions for wash-
 ing fabrics - string or knitted - and leather gloves and
 recommends a tumbler test for testing the washability of
 certain colored articles and describes how this is done. It also tells
 how to wash knitted woolen articles.

Textiles and Clothing SOME COMMENTS ON PERMANENT SIZING. B. H. Little.
 (American Dyestuff Reporter, Vol. 27, March 7, 1938,
 No. 5, pp. P130-P132). Describes how so-called permanent
 sizing is produced and the effect of wear and laundering
 on some forms of it, particularly ethyl cellulose. In the discussion
 questions are asked about the effects of dyestuffs, and the necessary
 temperature to apply after laundering to bring finish back, for which
 it says that heat and pressure are necessary.

Textiles and Clothing A REVIEW OF THE FASTNESS PROBLEM IN RELATION TO TEXTILE
 FABRICS. N. Hamer. (The Journal of the Textile Insti-
 tute, Vol. 29, January 1938, No. 1, pp. p5-pl8). This
 subject is treated as follows: The speaker traced
 briefly the history and development of fastness, testing, describing
 and comparing the more important of the methods which have been advo-
 cated. Then he took up the weakness and the omissions from these systems
 and closed with a discussion of problems affecting directly or indirectly
 many branches of the textile and allied industries many of which were a
 matter of practical politics. He said that fastness can only be compar-
 ative fastness and not absolute. He thought that there should be uni-
 form types of guarantees and an agreed minimum standard of performance
 and a standardized system of testing for colorfastness.

Health NOISE AND ITS EFFECT ON HUMAN BEINGS. Carey P. McCord, Edwin E. Teal, and William N. Witheridge. (The Journal of the American Medical Association, Vol. 110, May 7, 1938, No. 19, pp. 1553-1560). An article which points out the dangers of noise to hearing even that which is almost imperceptible. It advocates air conditioning as one means of lessening noise.

Health THE EFFECT OF ORANGE JUICE ON GASTRIC ACIDITY. Charles Dimmler, Jr., Marschelle H. Power, and Walter C. Alvarez. (The American Journal of Digestive Diseases, Vol. 5, April 1938, No. 2, pp. 86-87). This article says that juice of an orange is considerably less acid than is even normal gastric juice.

Health I'M TIRED OF MOTHS. Elizabeth Shaffer. (The Household Magazine, Vol. 38, June 1938, No. 6, pp. 27). The author tells how to combat moths. She recommends storage boxes covered with washable chintz-patterned papers and cedar- and tar-scented bags and other containers into which paradichlorobenzene fumigants may be placed. She then mentions other insect pests like flies, ants, mosquitoes, and cockroaches, and recommends that their entrance into the home be recognized and control be begun early.

Health FOOT CARE FOR THE MOTHER-TO-BE. A. Owen Penney. (Hygeia, Vol. 16, May 1938, No. 5, pp. 411-413). This article outlines the procedure for the care of the feet of the expectant mother. Besides the physical examination by the physician it tells the type of shoes to be worn. These should support the burdened arch and relieve the ankle and leg of as much strain as possible. An oxford tie with a straight inner line and a roomy toe, and broad, low heel is the most desirable type. If the physician advocates the removal of corns, callosities, etc. this should be promptly attended to. An alcohol rub and antiseptic dusting powders are also helpful. Other recommendations include daily rests.

Health PARASITE TRICKS - III. George A. Skinner. (Hygeia, Vol. 16, May 1938, No. 5, pp. 414-416, 448, 470, and 471). Describes some of the insects which annoy man, such as the malarial mosquito, the mango fly, the tsetse fly, and the tick. It also tells the symptoms which arise from the bites or insect diseases carried by these and other pests. It tells where the pests are most common and how the diseases are transmitted, also some of the precautions and treatments to be used.

Child RHYTHM IN LIVING. C. Madolcine Dixon. (Parents' Magazine, Vol. 13, March 1938, No. 3, pp. 22-24, 40 and 42). The author of this article insists that each child must be allowed to develop at his own pace. He should be neither a baby too long nor an adult before his time. Wise parents will let children set the tempo when they are having fun together. One of the faults of the child who has played too much with adults is that he is apt to be too meticulous in doing many things with his contemporaries. She also tells how to overcome bad habits formed because of too much contact with groups of adults. Among other things she says that the child who is too verbal and tense should be given household jobs wherein he can really help.

Child THE PSYCHOLOGY OF EARLY GROWTH. Arnold Gesell and Helen Thompson. (The Macmillan Co., New York, 1938, pp. ix+290. 30 illus.) This volume represents a continuation and elaboration of the earlier studies of infancy of which reports have been printed from time to time under the titles "The Mental Growth of the Preschool Child," "A Psychological Outline of Normal Development From Birth to the Sixth Year, Including a System of Developmental Diagnosis." Parts of this newer work have also been reported in two other publications, "An Atlas of Infant Behavior," and "Infant Behavior." It describes the methods used in the investigation norms of infant growth, and appraisal of growth status. This is a highly technical report.

Child EXTENT AND SEASONAL VARIATIONS OF INTERMITTENCY IN GROWTH. C. E. Turner and Alfred Nordstrom. (American Journal of Public Health, Vol. 28, April 1938, No. 4, pp. 499-505). Report of another study on the extent and seasonal variations in growth of children. The authors stress methods of keeping records of growth that will be inclusive enough to show whether or not the record is taken at a time of intermittency or poor growth during any one year. They advocate weighing children every month of the school year except June. In this study the percent of intermittency cases noted was about 12.

Child AGE DIFFERENCES IN BEHAVIOR AT THE NURSERY SCHOOL LEVEL. LaBerta A. Hattwick and Mollie Krom Sanders. (Child Development, Vol. 9, March 1938, No. 1, pp. 27-47). This article explains the behavior characteristics of children from 2 to 4 years of age. It gives a table of frequency of behavior habits and personality traits common among them. For example, it was found that about 83 percent asked unnecessary help, 83 percent left tasks incomplete, 81 percent wasted time at routines, and 76 percent ignored requests, while only 49 percent grumbled and whined, and 44 percent chewed objects; 30 percent secretly took property and 11 percent mistreated animals. Many other characteristics are also listed.

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension AUG 5 - 1938
Washington, D. C.

No. 322

July 13, 1938.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Personal THE QUEST FOR GOOD GROOMING. Gladys L. Butt.
 (Forecast. Vol. 54, May 1938, No. 5, pp. 196-199,
 and 232.) Tells of some of the work that the Ex-
tension Service of New York State is doing in stimulating good groom-
ing among farm women.

Personal HOW TO TALK TO PEOPLE AND MAKE AN IMPRESSION.
 Edwin Gordon Lawrence. (Fleming H. Revell Co.,
 New York, 1938, p. 223.) The title describes the
book. Among other things it tells how to prepare a speech.

Personal WHAT IS SHE LIKE? A PERSONALITY BOOK FOR GIRLS.
 Mary Brockman. (Charles Scribner's Sons, New York,
 1936, pp. vi+210.) Discusses habits, manners,
speech, grooming, clothes, surroundings, health of body and mind,
relations with people, work and play, spending and saving, and true
riches for young people.

Personal CAN PARENTS EDUCATE ONE ANOTHER? Mary Shirley.
 (National Council of Parent Education, Inc., New
 York, 1938. Paper. pp. X+130.) A study con-
ducted by a research fellow. The questions under consideration in
this study were: What do lay leaders know and what contribution do
they make to the education of other parents, also what are the
criteria for choosing them? In gathering her material the author
has tried to determine personal information concerning the mothers
serving as lay leaders, reasons parents have for joining groups,
contribution, and the like; topics parents consider important, the
methods used by lay leaders, and criticisms of study groups. A
table of comparisons of professional workers', lay leaders', and
parents' attitudes concerning parent education is included in chapter
7.

Food and Nutrition HONEY AND HEALTH. Bodog F. Beck. (Robert M. McBride & Co., New York, 1938, pp. xiv+272.) Treats of values in honey and the history of its use by mankind. Aims to give a greater appreciation of this food substance, for the author says that it is a curious fact that the numberless books on dietetics scarcely mention or superficially treat the subject of honey.

Food and Nutrition FOOD BUYING AND OUR MARKETS. Day Monroe and Hazel Kyrk. (M. Barrows and Co., New York, 1938, pp. x+430. New edition, completely enlarged and revised.) The two parts of this book are "The Market" and "Foods." A revision of the book formerly published in 1925 by Miss Munroe and her sister, Mrs. Stratton.

Food and Nutrition DICTIONARY OF SEA FOOD. Alice Easton. (Hospitality Guild, Stamford, Conn., 1937, pp. 54.) This bulletin lists various kinds of common sea food, and gives the type, and native habits, the season of the year for use, the size, the edible portion, and suggestions how to use each.

Food and Nutrition A NEW PROCESS GOES TO WORK. (Food Industries. Vol. 10, May 1938, No. 5, pp. 263-265.) Tells how ultra-violet rays are being used to kill mold and bacteria in showcases containing food. It also tells how this method of preservation may be applied to cakes and foods in the frozen-food industries.

Food and Nutrition THE VITAMINS. W. V. Cruess. (The Fruit Products Journal and American Vinegar Industry. Vol. 17, May 1938, No. 9, pp. 261-263.) A review of a chapter on "Fruit and Vegetable Products," by the author, which was published by the McGraw-Hill Book Co. This gives a table based on the most recent studies of vitamin concentration in various fruit and vegetable products.

Food and Nutrition THE FAMILY'S FOOD. Faith Lanman Gorrell, Hughina McKay, Frances Zull. (J. B. Lippincott Co., Chicago, Philadelphia, New York, 1937 reprint, well illustrated, pp. x+630.) A textbook for high-school classes, Sections: 1. Planning and preparing three meals a day; 2. Methods and standards in preparation of food; 3. Food management; 4. Food and health. Contains directions and recipes for making beverages, cereals, vegetable dishes, salads, cheese, egg, and meat dishes, soups, sandwiches, bread, cakes, desserts, candy, and canned foods.

MAKING MONEY WITH A NEEDLE. Barbara Lucas, ed.
Handicraft (Michigan Farmer. Vol. 189, March 26, 1938, No. 7,
pp. 212-213.) Tells how women in North Georgia made
extra money by making candlewick tufting and other quilts for sale.
An illustration shows how they displayed them for sale on a clothes-
line.

BOOKBINDING AS AN INDUSTRIAL-ARTS SUBJECT. Guy A.
Arts and Crafts Pratt. (Industrial Arts and Vocational Education.
Vol. 27, April 1938, No. 4, pp. 150-153, illus. 5.)
Describes equipment needed and methods used in bookbinding. It sug-
gests steps to be taken in binding a volume of magazines.

YOU, TOO, CAN MAKE A LOOM. Forrest C. Crooks.
Arts and Crafts (Country Gentleman. Vol. 108, January 1938, No. 1,
pp. 45-46, illus. 1.) Discusses the design, con-
struction, and operation of a loom. It emphasizes such points as
comfort and efficiency, operation of the pedals, threading the warp,
and the woods to be used.

THE ART OF THE POTTER. Dora M. Billington. (Oxford
Arts and Crafts University Press, London, New York, 1937. Illus.
pp. x+126.) Tells what pottery is, the raw mate-
rials to select, and how to fire pottery. Primitive hand-built pottery,
thrown pottery and modeled and molded pottery are described; also,
types of decoration, glazing, and painting. Gives some history of the
ceramic art of china in England and various European countries, and
describes some of the pottery of today.

MONEY-MAKING HOBBIES. A. Frederick Collins. (D.
Arts and Crafts Appleton-Century Co., New York, 1938, pp. XV+322.)
Hobbies described are: Making of paper articles such
as flowers, fruits, marionettes, decorating masks, table and room
decoration, and party favors; the printing hobbies, photographic prints,
entertainment hobbies such as the playing of various musical instruments
like the harmonica and glasses, making of a puppet show, and magic
shows. Explained in detail are the making of silver articles such as
rings, bracelets, and so on. Other hobbies taken up are weaving,
leathercraft, pottery, woodworking, model building, plating, and making
money by means of the radio.

Equipment NUMBER OF HOURS AN AUTOMATIC INTERMITTENT HEATING
PLANT OPERATES. (Heating and Ventilating - Air
Conditioning. Vol. 35, May 1938, No. 5, pp. 51-54.)

This article is accompanied by a mpa, also a table which shows the calculated number of hours that an automatic and intermittent heating plant would operate if it were designed to operate at the desired temperatures both day and night, and if the outside temperature for a given locality always followed the average or normal pattern.

Equipment THE HOUSECLEANING FORUM. Lois Johnson Hurley, ed.
(Wisconsin Agriculturist and Farmer. Vol. 65, May 7,
1938, No. 10, p. 16.) Tells the "hows" and "whys"
in housecleaning. The article explains how a carpet or rug may be re-sized at home (glue is used), but recommends that it be done by a commercial rug-cleaning establishment. A list of recommended equipment for efficient cleaning is given.

Equipment THE PRINCIPLES AND PRACTICES OF AIR CONDITIONING.
N. C. Ebaugh. (Published by Southern Power Journal,
Atlanta, Ga. Copyright 1937 by W. R. C. Smith Pub-
lishing Co. p. 186.) This book deals with air conditioning as related to human comfort, atmosphere humidity, air distribution, air in winter and summer. It describes types and systems for air conditioning such as evaporative cooling, refrigeration methods, and fan principles.

Equipment AIR CONDITIONING IN THE HOME, a treatise for engineers,
architects, and home owners. Elmer Torok. (The
Industrial Press. 148 Lafayette Street, New York,
1937, pp. 296.) The author says in the preface "The purpose of this book is to give a clear picture of residential air conditioning. It is intended not only as a work of reference for engineers and architects responsible for air-conditioning installations, but also for the vast number of home owners contemplating the installation of air-conditioning systems. Most of the book is in nontechnical language so that the individual who is not interested in designing or installation problems may, nevertheless, acquire a large amount of useful information." The chapters are: What Air Conditioning Does for the Home, The Functions of an Air Conditioning System, Air Conditioning Equipment, Air Conditioning Systems, Installation and Operation, Principles of Air Conditioning, Psychrometric Tables for Air Conditioning Calculations, Examples Illustrating Use of Psychrometric Tables, Heating Calculations, Cooling Calculations, Design of Air Distribution System, Notes on Equipment Selection, Standard Code, Table of Conversion Factors. Among other things the book states that a low temperature with a comparatively high humidity is, as a general rule, more comfortable and probably more healthful than a high temperature with a very low humidity in winter time.

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension,
Washington, D. C.

No. 323

July 20, 1938.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

AGRICULTURAL LEADERS' DIGEST. (Vol. 19, May 1938, Extension No. 4.) This number of the Leaders' Digest contains items by the following home demonstration workers: pp. 38-39, "Girls Add Beauty and Comfort to Their Rooms," by Bernice Claytor, Extension Specialist in Home Improvement, College Station, Tex.; pp. 44-45, "Power Washers Simple if You Follow the Rules," by Jessie D. Hinton, Specialist in Home Management, University of Maryland, College Park, Md.; pp. 45-46, "Food in Tin Cans," by Marion C. Pfund, Specialist in Foods and Nutrition, New York State College of Home Economics, Ithaca, N. Y.; pp. 47 and 66, "Good Equipment Makes Dishwashing Easier," by Eunice A. Pardee, Extension Specialist in Home Management, Kansas State College of Agriculture, Manhattan, Kans.

FARM CLOTHING SURVEY (Homecraft). The Homecraft Institute of the Pacific Rural Press, Jane Barton, Editor. (Pacific Rural Press, Vol. 135, May 14, 1938, No. 20, pp. 570.) A report made by 326 women on their habits in making or purchasing clothing in Stanislaus County, Calif. 57 percent of the garments purchased were either silk or rayon; 32 percent were cotton, and 11 percent were wool or part wool. 48 percent of the women during the month of October were wearing garments that cost \$2 and up to \$5; 19 percent paid over \$1 and up to \$2 for their garments, and 13 percent paid over \$5 and up to \$10; 11 percent paid over \$10; and 9 percent paid \$1 or under. 70 percent of the women stated that they made most of their cotton house dresses. They said that they wanted better labeling of materials telling composition of materials and quality. They want the salesman to be less positive of goods if they do not know definitely whether it is all wool or a mixture of fibers. They want the salesman to make an effort to learn simple fiber tests so they can be informed or permit the women to make their own tests.

Child MANNERS IN MODERN EDUCATION. Berta Rantz. (Child Study. Vol. 15, February 1938, No. 5, pp. 133-135.) Tells how to teach good manners to young people, takes up particularly the manners of children toward other children and points out ways of remedying various difficulties.

Child CHILD WELFARE BIBLIOGRAPHY. Committee of the Child Welfare League of America, Inc. (Child Welfare League of America, Inc., Russell Sage Foundation Building, 130 East Twenty-second St., New York, N. Y., 1937, pp. 32.) The work of a committee appointed in 1932. The bibliography is grouped under the following principal headings: The family; Child health, development and training; Sex education; Adolescence and behavior problems; The dependent child; The neglected child; Adoption; The atypical child; Mentally retarded and gifted children; The delinquent child; The physically handicapped child; Illegitimacy; Ethics; Organization and administration; Legislation; Child study; Research: Studies and surveys; Fiction; Biography; Proceedings of the national conference of social work; Periodicals devoted to child welfare; Agencies publishing bibliographies on child welfare; and Associations publishing material on child welfare.

Child POLISH FOR LITTLE DIAMONDS. Gladys Denny Shultz. (Better Homes & Gardens. Vol. 16, May 1938, No. 9, pp. 34, 99-101.) Tells how to teach etiquette to little children and points out the fact that if adults "mind" their manners, children eventually acquire them. When children reach the age of about 15 or 16 years they begin to look upon good manners as very important factors in their lives. The article says that the basis of good manners is constant consideration of and thoughtfulness for the rights and the feelings of others; and that desire to make others comfortable both in mind and body, has almost always to be learned at home.

Child WHERE DOES DISCIPLINE BEGIN? Helen Burgess. (Child Study. Vol. 15, January 1938, No. 4, pp. 99-103.) A condensed form of a pamphlet prepared on the same subject by the Committee of the Child Study Association and which is to be published in the near future. The author says that the key to the discipline problem is maintaining authority and preventing opportunity. By preventing opportunity the author means trying to develop the child's own sense of responsibility, with the adult being ready to step in before the catastrophe occurs and the need for discipline arises.

Housing TERMITE CONTROL. Neely Turner, Connecticut Agricultural Experiment Station, New Haven, Conn. (Exterminators Log. Vol. 6, May 1938, No. 5, pp. 6-8.)

Treats of the biology and the habits of termites, and tells how to build barriers and shields, how to use chemicals in the control and prevention of termite infestation. Tells how to treat timbers after they have been invaded.

Housing REPAINTING THE PAINT-NEGLECTED HOUSE. Based on an article by F. L. Browne, Forest Products Laboratory published in National Painters' Magazine. (Consumers' Digest. Vol. 3, June 1938, No. 6, pp. 29-39.) Made up of the histories of eight houses painted by different methods and materials. The results attained after several years are described. The article also tells how each of the houses so painted must be treated before it can be given a new coat of paint.

Housing BEGIN NOW FIGHTING THE FLIES. (The National Grange Monthly. Vol. 35, May 1938, No. 5, p. 12.) Describes various kinds of flies which are annoying in summertime and the importance of swatting or killing the first flies that appear.

Housing "AG" COLLEGE HELPS TENANT HOUSES. (American Lumberman, April 23, 1938, p. 21.) Reports in part a study made by H. F. McColly, extension agricultural engineer, of North Dakota Agricultural College, in which he found that most farmers are interested in tenant houses costing between one thousand and two thousand dollars with fifteen hundred dollars as an average figure. Such houses are of the bungalow type, and most of them run 22 by 28 feet up to perhaps 24 by 32 feet. The term "tenant house" is applied to a "second house" built on a farm to accommodate either the tenant, a married farm hand, or a son of the owner.

Housing NEW IDEAS FOR BUILDING YOUR HOME. John Normile, ed. (Better Homes & Gardens, Meredith Publishing Co., Des Moines, Ia., 1937. pp. 194.) A book of plans for small houses with views of the exterior appearance of each. Each of the houses has been built, and a brief description tells the location, the materials used, and certain other details.

Food and Nutrition VITAMIN A REQUIREMENTS AND PRACTICAL RECOMMENDATIONS FOR VITAMIN A INTAKE. Lela E. Bocher. (The Journal of the American Medical Association. Vol. 110, June 4, 1938, No. 23, pp. 1920-1925.) Takes up the following topics: Factors affecting vitamin A requirements; requirements for the prevention of night blindness; analysis of dietary surveys in terms of vitamin A intake; and practical recommendations for vitamin A intake for persons of different ages. It says that the daily requirement for the prevention of night blindness in a normal adult would appear to be on the order of from 20 U. S. P. to 30 U. S. P. units of this vitamin per kilogram of body weight or a total of about 1,400 to 2,000 units daily for an adult weighing 70 kilograms. But allowing for a fair margin of safety and for the maintenance of a moderate storage of vitamin A in the body, a total of around 3,000 units of vitamin A daily is suggested for the normal adult; 6,000 to 8,000 units for the growing child; and 5,000 for the pregnant and nursing woman.

Food and Nutrition SCIENCE HAS MADE THE HAM AN ARISTOCRAT OF MEATS. (The American Restaurant Magazine. Vol. 21, May 1938, No. 5, pp. 42 and 43.) Tells how to cook hams in which the amount of "cure" has been reduced. This reduction has been made possible because such hams are now shipped and stored under refrigeration just like fresh meat and the "cure" used only to give them the desired flavor. This ham can be cooked in about one-fourth less time than was required to cook the old type of ham.

Food and Nutrition VITAMIN E. H. A. Mattill. (The Journal of the American Medical Association. Vol. 110, May 28, 1938, No. 22, pp. 1831-1837.) History of the discovery of vitamin E, its chemistry, physiology, pathology, and therapy. The author says that more clinical evidence, gained under carefully controlled conditions, is needed to establish the usefulness of vitamin E therapy in abnormal human reproduction. Until this is at hand, attempts to produce a market for wheat-germ oil among prospective parents generally are to be deprecated; so also is the suggested threat of national dietary sterility, in view of the widespread distribution of vitamin E in the foods belonging in a well-balanced diet.

Food and Nutrition EAT MEAT AND KEEP SLIM. Walter H. Eddy. (Good Housekeeping. Vol. 106, May 1938, No. 5, pp. 90, 164.) Discusses a high meat reducing diet worked out by Dr. Leo K. Campbell of Rush Medical College in Chicago. An outline of the diet is given. Supplementary foods that should be used in connection with this diet are named. The author says in commenting on this diet that "The large amount of lean meat and vegetables prevented the hunger of which most individuals complain during weight reduction on low-protein diets. There were no changes in kidney function or blood pressure during any period of the observation. Nitrogen balance was maintained at all times.

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension
Washington, D. C.

AUG 5 - 1938

No. 324

July 27, 1938.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Handicraft and Markets PRINCIPLES OF WOODWORKING. Herman Hjorth. (The Bruce Publishing Co., New York, 1930, illus. pp. X + 307.) Designed for classes in manual training, but certain chapters might be of help to the housewife and others selecting house furnishings. Tells how various joints are made, and how gluing and clamping are done. Includes a chapter on surface decorations which might be helpful in refinishing furniture, one on upholstery, another on wood finishing and on the various woods used in furniture.

Arts and Crafts PLANNING AND BUYING YOUR OWN PLACE. Louis Van de Boe. (The Macmillan Co., New York, 1938, pp. XVII + 290.) The contents take up the relation of the house to the grounds; the grading, laying out of drives and sidewalks, and the care of lawns. It describes the ornamental uses of ordinary plants, their selection and care, and gives suggestions for planning and planting.

Handicraft and Markets DECORATING GOURDS FOR PLEASURE AND PROFIT. John Ciesla. (Sunkist Trading Post, Pomona, Calif. 1937, 24 pp., illus.) The topics taken up in this book are ornamental gourds and what to do with them, preparing and decorating, charm strings, and growing your own gourds. Among the illustrations are faces, mail boxes, water jugs, table pieces, lamp bases, baskets, bird houses, favors, and other articles made from gourds.

Handicraft and Markets RURAL ART IN THE UNITED STATES. (The Country Woman, p. 4, illus. 2, June 1938.) Describes in detail the exhibit of rural art held at the Department of Agriculture early in 1938.

Clothing and Textiles SHOES AND HOW TO BUY THEM. Elizabeth Gordon. Good Housekeeping. Vol. 106, April 1938, No. 4, pp. 98, 99, and 243.) Tells how old shoes may guide you in selecting new ones. The points to observe being: How thick is the sole of the shoe and how evenly has it worn; The way you wear down your heels; The way your toes have made little hollows for themselves when the shoes are too tight; If the uppers bulge out and spread over the sole, and if your shoes are puckering just behind the ball or big joint; and If you wear off the tips of the soles. These are all indications that there may have been something wrong with the fit of the old shoes which should be avoided in selecting the new ones.

Clothing and Textiles A SERVICE STUDY OF FOUR QUALITIES OF COTTON TURKISH TOWELS. Ruth Elmquist Rogers and Margaret B. Hays. (Journal of Home Economics. Vol. 30, June 1938, No. 6, pp. 406-412.) A report of research done in the Bureau of Home Economics. In the conclusion the author says: "As service continued, the breaking and bursting strength of all four groups of towels decreased, while the chemical deterioration, as measured by fluidity in cuprammonium hydroxide, copper number, and methylene blue absorption increased. For each type of towel, the quality which originally showed more chemical deterioration continued to do so throughout service. The percentage of moisture decreased after 100 periods of laundering, while that of ash increased."

Clothing and Textiles THE VALUES OF PERSONAL APPEARANCE IN SOCIAL AND FAMILY RELATIONS. Grace M. Morton. (Journal of Home Economics. Vol. 30, June 1938, No. 6, pp. 388-390.) The author says that modern scientific inventions and democratic ideals have been bringing interest in clothes within the reach of nearly all levels of society. She then adds it is significant, however, that people are not equally sensitive to personal appearance in themselves or others. There is the individual who rebels against the restrictions of clothing; the unemotional person who takes clothes as a matter of course, deriving from them no satisfaction; the person who is pleasantly supported and stimulated by clothes; the one who is sublimated in his apparel, who concentrates a great deal of time and energy upon external appearance, and whose preoccupation with it beyond a certain point becomes harmful to himself and society. She advocates that there be further research to test the relative sensitivity of different age, sex, and cultural groups in this respect.

HEALTH IN RELATION TO PROSPERITY IN THE SOUTH. Dorothy
Health Dickins. (Journal of Home Economics. Vol. 30, June
1938, No. 6, pp. 370-375.) A report read at a joint
session of home economics and other groups at Southern Agricultural
Workers Association in February 1938. Topics discussed under this
heading were the elimination of three diseases peculiar to the South,
improving the diet of the southern people, increasing the income of
the southern people, and programs of health education.

AGING VERSUS INFIRMITY. Dr. T. Wingate Todd. (The
Health Scientific Monthly. Vol. 46, June 1938, No. 6, pp.
545-550.) Points out the difference between aging
with the years and with the infirmities brought on by ill health. It
also points out the difference in view that people may take of health.
For some it means the absence of demonstrable disease, not something
that sparkles in the eye, glows in the cheek, gives spirit and zest
to the day's occupation and radiates through all human relationships.
We are inclined to juggle with abstract theories of what is optimum
in growth, vigor, alertness, and staying power. The author says that
fatigue, apprehension, despondency are signals to warn us when we
must take steps to maintain constructive healthy aging, and not fall
into the clutches of infirmity.

WHAT TO DO IN CASE OF ACCIDENT. Adapted from the
Health article entitled "First Aid to the Injured" by Senior
Surgeon M. H. Foster. (Rev. ed. Treasury Department,
United States Public Health Service, Washington, D. C., 1937, M. P.
21, illus. p. 71.) The subheadings under the instructions for care
of accident are as follows: General rules as to what to do in case
of accident, wounds, hemorrhage, or bleeding; Bandage and bandaging;
Miscellaneous minor injuries; Fractures; Illnesses due to heat; Effects
of heat and cold; Irritation of the skin from contact with poison ivy;
Suffocation; Unconsciousness; Poisoning; and a List of remedies and
their uses.

NEW SOURCES FOR VITALITY FOR THE PEOPLE. Howard W.
Health Odum. (Journal of the American Dietetics Association.
Vol. 14, No. 6, June-July 1938, pp. 417-423.) Dis-
cusses ways and means that are being developed for preserving the
vitality and extending the life of human beings, the purpose of which
is to obtain a stable and enduring civilization. He then points out
the need for a greater abundance of certain standard foods essential
to vitality and health in the South. Among these are milk, eggs, and
dairy products of which there is a considerable deficit which might
be made up at home. The author says it is clear that any program
which will increase the supply of vitamin food and balanced agricul-
tural production must automatically contribute to the conservation
and enrichment of our soil as well as to the development of our people.

HOME DECORATION, ITS PROBLEMS AND SOLUTIONS. Ross

Equipment Stewart and John Gerald. (Julian Messner, Inc.,
New York, 1935, pp. X + 324, 68 illustrative plates.)

The foreword of this book states that it is intended to offer suggestions for the decoration of homes from a one-room apartment to a more complex establishment. Contents includes: The essence of decoration; Basic principles; Architectural background; Color; Room composition; Floor covering; Fabrics and their uses; Windows and their treatment; Lighting; The decoration of special rooms; New rooms for old; Buying furniture; Practical suggestions; Elements of traditional styles.

ELECTRIC FANS. Condensed from Consumers' Research

Equipment Bulletins. (Consumers' Digest. Vol. 3, June 1938,
No. 6, pp. 40-45.) Tells how to select a fan. Among
other things it says to get one that can be used on both direct and
alternating current. Choose one that is sturdily built so that it will
not wobble or tip easily, and with a strong guard that will resist a
good deal of banging about. It says that flexible rubber blades are
less dangerous than the usual type of metal blades but are more likely
to vibrate excessively because of the greater weight of the blades and
the greater difficulty of balancing them. Four blades are sufficient.
Oscillating mechanism adds twenty to forty percent to the purchase
price as well as something to the cost of operation of a fan, and is
often not necessary for attaining a proper circulation of air.

SEWING MACHINES. (Consumers' Digest. Vol. 3, June

Equipment 1938, No. 6, pp. 63-70.) A new model of any of the
types of bobbin machines offers in the main only the
additional merits of handsome appearance, new enamel, and a few
occasionally handy gadgets. This article says the primary reason for
seeking a new machine is to procure an electrically operated one. In
many instances this can be done with economy by attaching one of the
well-known makes of electric motors designed to operate treadle machines.

WE HAVE COME A LONG WAY. Bernard L. Johnson.

Housing (American Builder, April 1938, p. 47, illus.) A
review of progress in building private dwellings
during the past 60 years. The author says one of the first impressions
of old-time houses is that they are large in size and exuberant in
ornamentation. They have towers, porches, piazzas, spindle work,
jigsaw ornaments, and heavily carved moldings both inside and outside
which testify to taste run riot and to cheap and abundant labor. He
concludes by saying that the average American family enjoys more lux-
uries and convenience in its low-cost home today than royalty in its
castles a hundred years ago.

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension
Washington, D. C.

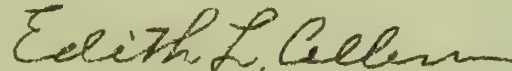
No. 325

August 3, 1938.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,



Edith L. Allen,
Junior Scientist.

DETOUR AROUND RENO. Dr. Hornell Hart. (Good House-keeping. Vol. 106, April 1938, No. 4, pp. 70, 81, 100, and 102.) Recites incidents which bring about family dissensions. The troubles mentioned arose regarding financial matters, sexual frustrations, interfering relatives, and the overworked woman married to a man who is always seeking fresh romances. Then follow some steps taken by couples to eliminate friction in married life: 1. To acquiesce ignobly. 2. To evade cravenly. 3. Attack vindictively. 4. Grapple courageously. 5. Cooperate creatively.

OCCUPATIONAL GUIDANCE. Paul W. Chapman. (Turner E. Smith & Co., Atlanta, Ga. 1937, pp. xiv and 639.) Unit B of this book, which is a text, is divided into two chapters, one dealing with the occupation of homemaking and the other with careers through home economics.

MARRIAGE VS. CAREERS--AND FAME. Kathleen Hergt and J. R. Shannon. (Occupations. Vol. 16, June 1938, No. 9, pp. 848-851.) The report of a survey of the sketches of women listed in Who's Who in America, made to determine the effect of marriage on reaching the top in a career. The result shows that more than half of America's notable women are married, more than half are mothers, many of them have several children and the average is two to three. 76 percent of the notable married women listed in Who's Who in America are authors, editors, artists, social workers, and musicians.

WRITE AND SPEAK BETTER. William G. Hoffman and Roy Davis. (McGraw-Hill Book Co., Inc., New York, 1937 pp.viii and 437.) A text for use in improving speaking and writing. Chapters are included on business writing, report writing, conversation and discussion, and public speaking.

Textiles and Clothing WHAT DO YOU KNOW ABOUT FURS? H. Irving Arnheimer.
(Women's Wear Daily. Vol. 56, June 28, 1938, No. 125,
p. 11.) In this item the quality of the garment and
the method of determining the quality are discussed.

Quality in a fur coat means quality of skin selected, quality of work-
manship, and the style. Quality in workmanship means that the skin be
properly made to fit the pattern, and not the pattern to fit the skin.
It also gives many other details required in a good garment.

Textiles and Clothing COLOR TESTED FABRICS. (National Laundry Journal. Vol.
59, May 1938, No. 4, pp. 418, 419.) Tells that the
dry-cleaners' associations are preparing a "color-
tested" seal to be used on fabrics that have been tested
by their Better Fabrics Testing Bureau. The seal will be awarded re-
gardless of the dyestuff manufacturers use. The interest of the organ-
ization is in classifying the unknown factor of color fastness for the
members' own benefit and for the benefit of customers.

Textiles and Clothing SUMMER SHOES FOR ACTIVE FEET. Dr. Joseph Lelyveld.
(Good Housekeeping. Vol. 106, June 1938, No. 6, p.
121, illus. 1.) The author says that children's foot
defects have increased rapidly in recent years and
that the reason is unsuitable shoes. One of the defects is that shoes
are chosen which are too stiff and heavy for growing feet to endure,
because the parents want shoes to wear like iron. Secondly, shoes
built for long wear are generally outgrown before they wear out, caus-
ing crooked toes, corns, and bunions. The stiff, heavy shoes cause
weak feet, and fatigue. He advises parents to be ready to discard
half-worn-out shoes when necessary, as this expense is a small amount
to pay for sure-footedness, fine carriage, and a steady bearing for a
child throughout his life.

Textiles and Clothing HOW SHALL I TAKE CARE OF MY GIRDLE TO OBTAIN MAXIMUM
WEAR? (Women's Wear Daily. Vol. 56, May 13, 1938,
No. 94, p. 5, sec. 2.) Spokesmen for various garment
firms have given instruction in the care of girdles.
For example, Altman says: "Most important thing is
to have more than one." Bloomingdale says: "Wash your girdle in cool,
soapy water and rinse it in slightly soapy water. In this way you will
keep it elastic." Gimbel says: "When you take it off pull it in shape
and fold it lengthwise. Always keep it away from artificial heat."
Stern says: "Launder it carefully in lukewarm water, and be sure to
rinse all the soap out."

ELECTRIC VACUUM CLEANERS. (Consumers' Research. Vol. 4, June 1938, No. 10, pp. 17, 22, illus. 6.) Tells of techniques used by vacuum-cleaner salesmen in persuading housewives to buy the latest shining, streamlined, gadget-embellished vacuum cleaner. It then describes the motor-driven brush sweeper type as compared with straight suction type and those supposed to do air-conditioning and humidifying. Safety requirements are particularly emphasized, and users are cautioned against picking up lamps and other electrical appliances to move them out of the path of the cleaner while it is in operation, for there may be a defect in either the appliance or the cleaner, and a possibility of electric shock.

Equipment LINOLEUM AND LINOLEUM-LIKE FLOOR COVERING. (Consumers' Digest. Vol. 4, July 1938, No. 1, pp. 37-46.) The failure of manufacturers to have standardized types, qualities, thicknesses, finishes, and other values, in linoleums and linoleumlike floor coverings gives opportunity for the manufacturer and the dealer to skimp in ways which would be wholly impossible if the consumer were provided with carefully defined qualifications of the product. True linoleum is defined as being made up of finely ground cork mixed with oxidized linseed oil, gums, and coloring matter, pressed while soft onto a burlap backing. The addition of wood flour, which is occasionally made, is said not to lessen the wearing quality of the finished product unless the proportion is too great. Huge sheets of flooring materials of this type must be hung up to dry and season for several weeks. Well-seasoned linoleum is pliable and resilient. Poorly seasoned linoleum is soft and easily deformed or dented. It may even be chipped with the fingernail. The article describes the various types of linoleum base coverings and tells how to lay floor coverings and to clean them. It says that only mild soap containing no free alkali or alkaline salts should be used, and that tri-sodium phosphate and other similar kinds of cleaners, are all bad for linoleum and linoleum-like products.

Equipment OVERFEED STOKERS TESTED BY BUREAU OF MINES. (Heating & Ventilating - Air Conditioning. Vol. 35, June 1938, No. 6, pp. 29 and 30, illus. 2.) Discusses a study made of the overfeed type of domestic stoker. Describes the stoker and boiler used and the type of coal adapted to it, the best being the noncaking type. A coal with caking tendencies may be burned more efficiently at low rates in intermittent operation than in continuous operation, but in general such coal would prove less suitable for household use in cold than in mild weather.

Child Care MIND YOUR MANNERS, CHILDREN. (Vogue. Vol. 91, May 1938, No. 9, pp. 70, 126-127.) Discusses such questions as the heckling by other children of those who have been taught certain social forms, how to counsel your children when going to make a visit with a friend, problems of the "movie", the handling of money as a part of every child's education, and the value of an allowance in this instance. What to do when the child develops an alarming penchant for ten-cent store jewelry. The remedy given for many of these problems is to organize small parties and dances, with about ten couples, for girls and boys entering their adolescent years.

Child Care PLAN CARE FOR MOTHERS. (The Prairie Farmer. May 7, 1938, No. 10, p. 14, illus. 3.) Tells what is being done in Illinois, Indiana, and some other States for the improving of maternal and child health. Describes mainly the work of the Health Services of these States. However, it does describe some county demonstration projects in Ohio where there are eight specially trained young registered nurses called "Delivery Nurses." In connection with the educational work, good care and proper food are stressed. Clothing is also demonstrated.

Child Care PUNISHMENT AS AN AID IN TRAINING THE CHILD. T. Hamburger. (Med., Klin, 33; 753, 1937; abstracted in "Child Development Abstracts and Bibliography." Vol. 12, June 1938, No. 3. Publication of the Society for Research in Child Development.) "Punishment is indispensable in child training. In general it is of value in teaching prohibitions, but seldom is it of any use in teaching accomplishment. One should never try to elicit obedience to a command in a small child by a slap. A smart slap, a friendly word or a gift applied correctly are more valuable than much talking. Applied incorrectly, they frequently lead to neuroses. Punishment can be begun about the ninth or tenth month. If a slap is accompanied by a prohibitive utterance as "No! No!" a conditioned reflex will soon be established, so that in most instances only the verbal prohibition will be necessary. The slap must be painful but it must not be regarded as chastisement for an evil deed. It should be considered only as a correction which will help the child to realize which acts are prohibited. The fear that the slap will destroy the child's affection for the person training the child is unnecessary. A child respects a slap as he respects a burn from a hot stove. After the second year other forms of punishment can be used. Isolation in a corner or in a room or deprivation of a pleasure are appropriate. The child's love of approbation can often be utilized. Depending on the child's disposition, a few smart slaps may be desirable. But as a rule spanking can be dispensed with throughout childhood. Punishment is usually of no avail for putting. Isolation, disregard, and disparaging speech about the child in the third person are more effective."

AUG 11 1938

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension
Washington, D. C.

No. 326

August 10, 1938.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Social PATTERNS OF CULTURE. Ruth Benedict. (Houghton Mifflin Co., Boston and New York, 1934, pp. XII and 290.)

Several chapters are of interest, they being: Science of Custom, which includes The Child's Inheritance, Our False Perspective, Our Blindness to Other Cultures, Race Prejudice, and Reasons for Studying Primitive Peoples. The chapter on The Nature of Society includes problems of integration and assimilation, conflict of inharmonious elements, the organism versus the individual, and the analysis of our own complex society. Three primitive cultures are discussed in relation to these problems.

Social THE PRESENT SOCIAL STATUS OF AMERICAN FARM TENANTS.
Edgar A. Schuler. (Rural Sociology. Vol. 3, No. 1, March 1938, pp. 20-33.)

"Social status, for the purposes of this paper, is defined as based on hierarchic division of society into classes which differ quantitatively, qualitatively, or both, regarding: Social privileges received and obligations borne; goods and services consumed; respect received and prestige held; ideology and class solidarity. An analysis of the findings reported in about 50 studies appearing since 1922, dealing chiefly with consumption data, and representing conditions in 21 States showed that: (1) Southern tenants (not including share-croppers) were consistently found to occupy a status lower than that of Southern owners; (2) Northern tenants, however, were not consistently found to occupy a social status lower than that of Northern owners. The findings reported in a recent Resettlement Administration study, Social Status and Farm Tenure: Attitudes and Social Conditions of Corn Belt and Cotton Belt Farmers dealing especially with the subjective aspects of status, tended to confirm the foregoing conclusions."

Social SOCIAL CHANGE AND SOCIAL PROBLEMS. James H. S. Bossard.
Revised edition. (Harper & Bros., New York, 1938, pp. XIII-823.) A college textbook with chapters on such subjects as The Appearance and Social Circulation of the Individual, Income as a Factor in Well-Being, The Measurement of Economic Well-Being, Cost of Living, Wages and Income, Unemployment, The Social Significance of Health, The Problem of Accidents, Problems Relating to Mental Hygiene, The Changing Family, and Problems of Child Welfare.

Health STERILIZING WITH 'LIGHT'. F. D. McHugh. (Scientific American. Vol. 158, June 1938, No. 6, pp. 344, 345, illus. 3.) Tells how invisible ultra-violet rays that are harmless to human beings and inexpensive may be used to kill bacteria. A lamp designed for hospitals and food handlers is described.

Health SOME PUBLIC HEALTH ASPECTS OF FOOD. James E. Fuller. (Journal of the American Dietetics Assn. Vol. 14, No. 6, June-July 1938, pp. 412-416.) An article on ptomaine poisoning, botulism, undulant fever, and other food poisoning. It says that undulant fever is also called brucellosis and that it is an important public-health problem because of its obscure character, the frequency with which it may be mistaken for other diseases and the prolonged debilitation of those infected. Of botulism it says, "While it must be admitted that the danger from botulism is much less in the eastern than in the western part of the United States, the fatality rate of the intoxication is so high that it is unwise to follow inadequate methods of processing home-canned foods, especially when pressure sterilization of foods greatly reduces spoilage in general." The article states regarding ptomaine poisoning, that illnesses commonly so referred to are in reality caused by bacterial infection of the alimentary tract rather than by a process of bacterial decomposition of protein foods. Ptomaine poisoning, therefore, is largely discredited as a cause of illness.

Health POISONS IN FOOD--FANTASY OR FACT? T. Swann Harding. (Journal of the American Dietetics Association. Vol. 14, No. 6, June-July 1938, pp. 436-440.) Discusses some things that fanatics have been telling us about our food supply for many years and which they consider highly toxic. Presents a historic review of the theories that people have had about lead poisoning, tea full of copperas, bread mixed with noxious substances such as alum, and chalk, or lime, the use of sulfur dioxide on dried fruit, the bromine menace in bread which the author says is nil. These dreads of poison are due more to fantasy than to fact. It then tells how the Food and Drugs Act has protected the public against spray residue poisoning, and concludes by saying that poisons as deadly as any with which primitive savages tipped their arrows can be extracted from our own bodies. It describes the effect of certain chemicals, such as insulin, preparations from the parathyroid glands, and epinephrine, which are as violent poisons as can be made anywhere, yet all of them are necessary to our existence.

Health BUT CAN YOU EAT ONIONS? T. Swann Harding. (Scientific American. Vol. 158, No. 6, 1938, pp. 330-32.) The non-allergic discomforts to certain individuals produced by certain foods are discussed. The worst offenders are named.

Food and Nutrition BLANCHING VEGETABLES FOR FREEZING PRESERVATION. Part I, Effect of Blanching and Quality Control. M. A. Joslyn and G. L. Marsh. (Food Industries. Vol. 10, No. 7, July 1938, pp. 379, 381.) The authors say: "Though all investigators agree that scalding is desirable in the preparation of vegetables for freezing, there is some difference of opinion concerning the most suitable scalding temperatures and periods of exposure to be employed in producing frozen vegetables of high quality. These differences of opinion may be due to variations in the vegetables used (such as variety, maturity, freshness, or growing conditions), to the methods of the investigation, or to the different objectives of the respective investigators." The article gives two tables regarding blanching periods used in preparing vegetables for canning and for freezing. The vegetables mentioned are asparagus, green and wax beans, lima beans, broccoli, cauliflower, peas, spinach, kale, sweet corn, and mushroom. The authority recommending each period of time is also indicated. Part II will appear in the August issue.

Food and Nutrition VITAMINS AND HORMONES. John R. Murlin. (Journal of the American Dietetics Assn. Vol. 14, No. 6, June-July 1938, pp. 397-411.) Explains the characteristics of various vitamins and hormones and the difference between them. A table is used in comparing them. Discusses vitamin A and thyroxine and their reaction on each other; then the relation of thiamin (B₁) and its relation to some of the hormones; also the relation between ascorbic acid and hormones, vitamin D and hormones, and vitamin E and hormones. The article says in the general consideration of subject that we rely too much on the dietitian to tell us what foods contain vitamins, upon the physiologists and biochemists to tell us how to prepare hormones, but when it comes to giving hundreds of thousands of units of vitamins and with chemically pure crystalline hormones in quantities far beyond what the body normally produces, the pharmacologist must necessarily be looked to for animal tests of the larger doses and the more potent preparations.

Food and Nutrition THE VITAMIN C CONTENT OF CERTIFIED MILK AT THE TIME OF CONSUMPTION. Fred V. West and Joseph C. Wenger. American Journal of Digestive Diseases. Vol. 5, No. 4. June 1938, p. 251. Involves a study of the actual vitamin C or ascorbic-acid content of certified milk at the time it is consumed. It took into consideration the characteristics of the breed of cattle from which the milk came, also the feed of the cattle. The summary says: "720 titrations in determining the vitamin C content of certified milk from 108 cows indicate that this milk on which the determinations were made may be considered 'a valuable food because of its vitamin C content.' "

General

UNPUZZLING COLOR. John H. Crider. (Scientific American. Vol. 158, No. 5, May 1938. pp. 284-285.) Describes a newly invented system for naming and identifying colors. The color arrangement is made in the form of a grape-fruit with 20 sections, the strong color being placed at the outer surface of the sphere, the moderate color part-way in, the weaker color following that, and gray being at the center. The bottom is dark and the top, light. This system is quite similar to some others but having more segments makes it possible to use the Munsell book of color in connection with the system.

General
Home Economics

SERVANTS OF THE PEOPLE. VI --AT THE BUREAU OF HOME ECONOMICS. Hillier Krieghbaum. (Survey Graphic. Vol. 27, No. 2, February 1938, p. 116.) One of the series of articles discussing the work of various agencies in the Government. In this series about the Bureau of Home Economics, the author tells of the work in nutrition research of Dr. Hazel K. Stiebling.

General
Home Economics

THE TALK OF THE INDUSTRY: TO SCHOOLS OF HOME ECONOMICS. (Food Industries. Vol. 10, No. 7, July 1938, p. 369.) "During the past few months we have been besieged by charming young ladies looking for industrial jobs as home economists.... After the experiences with the current deluge of home economists, we are beginning to wonder what is the purpose of a course of training in that profession? ... Something seems to be wrong in their instruction as to the market for their services -- Industry, to be sure, employs a few -- though we doubt if as much as 1 percent of the home economics graduates can find industrial employment. And in this field the needed qualifications for a good job involve a whole lot more than mere ability to whack up a good meal. A considerable knowledge of sales promotion, advertising, public speaking, and public relations is also indispensable. Still more important, we doubt if very many food manufacturers, aside from the best known and most successful, know how to make effective use of a home economist any more than they know what to do with a research chemist--or even a control chemist--to make money from his services."

AUG 18 1938

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension
Washington, D. C.

No. 327

August 17, 1938.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Management

EDUCATIONAL ADVERTISING. The Problem of Consumers' Knowledge of an Expanding Science. Richardson B. Okie. (Consumers' Digest. Vol. 3, No. 6, pp. 11-17, June 1938.) Tells how the consumer should be educated better to judge the articles which he purchases, and explains why this is not as simple as it used to be when a man could look at a thing and say that it was made of rubber, wood, or steel. Help can be given through magazine articles showing illustrations and giving explanations of modern industrial processes. By giving, in an informative fashion, interesting and significant knowledge about the product, businessmen, advertisers, and manufacturers could do more to inform the public about the chemical composition of their products.

Management

HOME MANAGEMENT WITH SPECIAL REFERENCE TO THE COLLEGE HOME MANAGEMENT HOUSE. Irma H. Gross and Mary E. Lewis, (F. S. Crofts & Co. 1938, pp. XI plus 162.) Chapters are entitled, Fatigue as related to management of time and energy, The management of time, The management of energy, Household standards, The planning and guidance of group work, Management of money and material resources, and Human values. This is intended as a text.

Management

CONSUMER PROTECTION. Roger W. Babson and C. N. Stone. (Harper and Brothers, Publishers, New York and London, pp. VIII plus 207. 1938.) Chapters are entitled: The consumer needs statistics, Business cycles take you for a ride, Consumers and social changes, Encourage mass production, Read the "keyed" advertising, Consumers should organize, Buy merchandising shares, Watch for fraud in selling, Support consumer societies, Favor "yardsticks" for keeping down prices, Encourage scientific research, Buy a small modern home, Custodians of the home, Large versus small cities, How to invest your savings, Educating household buyers, Consumers need to fight, The profession of buying and hiring, What shall we do?

MECHANICAL REFRIGERATORS. (Consumers' Research Bulletin. Vol. 4, No. 10, pp. 2-6, illus. 1. June 1938.) This article says that the construction of refrigerators has been so uniformly improved among the different brands that Consumers' Research found no 1936 or 1937 refrigerators of the brands tested to merit a C rating.

Equipment DESIGN OF A MODERN COAL BIN. Kenneth R. Hare. (Heating and Ventilating. Vol. 35, No. 7, p. 25, July 1938.) The plan of a "self-emptying" fuel bin is described which can assist in handling coal with the least possible dirt. A spray to control dust in the ashpit is also recommended. The author says, "The whole thing is installed for approximately \$5."

Equipment KITCHEN CABINETS. (CONSUMERS' RESEARCH. Vol. 4, No. 10, pp. 14-16. June 1938.) A report of an examination of kitchen cabinets made by Consumers' Research. The workmanship used in the cabinets examined varied from poor to excellent. Doors should close completely and fit snugly into their openings without large cracks or clearances, but should not shut so tight that they will not open easily. In this latter case it would be impossible to open them when the wood swells from damp weather. All the joints in the frame should be mortised, tenoned, and glued--not nailed. Other points important in the selection of a cabinet are given, and a discussion follows regarding the design of cabinets suited to different-sized families, including those who do much home baking and those who do very little.

Equipment MODERNIZATION OF METERING AND SERVICES AN OPPORTUNITY. E. E. Kline. (Electrical World. Vol. 109, No. 23, pp. 96-98, illus. 6, June 4, 1938.) The author says, among other things: "The outdoor meter has opened a wide range of interesting possibilities. Not only is outdoor metering one of the best solutions to the tampering problem, but also it is a complete solution to the problem of locked-out meter readers. This problem is particularly important in rural territories, where a return call is relatively expensive. In many cases a wholesale change-over to outdoor metering can be economically justified. Out-door metering is undoubtedly the best solution to the metering problem in rural-electrification programs."

IT IS STILL UP TO THE FAMILY. Esther McGinnis. (National Child Parent-Teacher. Vol. 32, No. 9, p. 13-15.) The author says that, she attended a round of national conferences in which little hope was given for agreements about what values are important in family life and less hope was given for the influence of individuals, such as parents and teachers, in improving conditions. She raises questions regarding present methods used in child development, and points out the difficulties of knowing what the problems of the future are to be. She says in part: "One strong bulwark with which to face the unknown is a feeling of personal adequacy; not an exaggerated self-conceit, but a quiet, assured competency and inner peace which is acquired only as the result of many experiences successfully negotiated without strong feelings of guilt or failure. Children should build their "self pictures" from the reputations given them by parents and other adults, from the day-by-day grappling with situations and the resulting satisfactions. . . . Success for the child is quite as important as vitamins . . . One way in which success can be fostered for a little child is that he shall have tasks to do for which he is responsible, suited to his interests and abilities, and real enough so he has the experience of being necessary and depended upon in this world."

CHILD HEALTH NEEDS TODAY. Martha M. Eliot. (National Child Parent-Teacher. Vol. 32, No. 9, pp. 10-12, May 1938.) Tells of the health services made possible by the Social Security Act and what are important factors in keeping a child in good health. It says: "To keep a child 'fit to gain' is the mother's primary endeavor. The well-nourished child, with good habits of sleeping, elimination, and outdoor play is fortified in large measure against danger to his health." . . . "When prevention fails, checking disease or undernutrition in their incipient stages offers the next opportunity to safeguard child health." . . . "We are well on the road toward the conquest of diphtheria and of smallpox by immunization, but we shall hold the ground we have gained only by the continuous cooperation of parents, physicians, and health officials." . . . "We are at present steadily expanding our maternal- and child-health services which are largely directed toward teaching the mother how to care for herself and her children. There are, however, very immediate problems faced by many parents that knowledge of hygiene alone will not enable them to solve." Health services unfortunately are not available to all families, nor do they have sufficient milk and other essentials of diet.

BASAL METABOLISM STANDARDS FOR CHILDREN. Fritz B. Talbot. (Child (American Journal of Diseases of Children. (Vol. 55, No. 3, pp. 455-459, March 1938.) The author presents standards of metabolism, for both boys and girls, which were tested clinically on both normal and abnormal children. He considers the results more consistent with clinical findings and experience than other standards in use which he tested.

Clothing and Textiles WITH ACCENT ON SLIM WAISTLINES, CORSET DESIGNERS ARE MAKING HIGH CORSETS. (Women's Wear Daily. p. 14, July 14, 1938.) The construction and designs of new styles of corsets are discussed, and emphasis is placed on ways and means that are being attempted to safeguard the comfort of the wearer. The aim seems to be to produce a longer and slimmer waist effect.

Clothing and Textiles ILLINOIS UNIVERSITY MAKING "WEARABILITY" STUDY. (Women's Wear Daily. Vol. 56, No. 111, p. 27, June 8, 1938.) A brief report of a survey made among consumers who have been keeping a record of the wearability of coats, dresses, blouses, and slips. At the beginning of the wearing period, a photograph is taken, and after any changes affected by dry-cleaning or laundering are made, other photographs are taken. At the end of the wearing period the consumer compares the condition of the garment with its condition in the beginning.

Clothing and Textiles THE WEARING QUALITY OF NINE WHITE COTTON FABRICS AS DETERMINED BY THEIR PHYSICAL CHARACTERISTICS. Lucile Marker with Katherine Cranor. (American Dyestuff Reporter. Vol. 27, No. 10, p. 257-260, 284, May 16, 1938.) A report of an investigation conducted at Iowa State College on the wearing quality of waffle cloth, plisse', middy twill, percale, madras, broad-cloth, pique', poplin, and Shantung. All the fabrics were of different weave. The new fabrics which ranked high in thickness and weight had greater resistance to breaking strength and abrasion than the thinner, lighter-weight fabrics. Many soft, smooth, and beautiful fabrics, which have high thread count, are, because of their nature, not able to withstand hard wear. Plisse' and madras are examples of this type of fabric. Poplin, middy twill and pique' represent fabrics of the former group but low in other tests. A fabric in which the warp and filling threads are equally balanced is usually thought to give greater wear than one which is poorly balanced. Waffle cloth which was a perfectly balanced fabric ranked low in breaking strength and abrasion. This was probably due to the presence of long floats on the right side of the fabric. The rib- and twill-weave fabrics - poplin, pique', and middy twill - had greater weight, thickness, and breaking strength than the plain-weave fabrics. Shrinkage did not appear to be influenced by percentage of the sizing. A number of fabrics decreased in breaking strength after shrinkage. This possibly was due to a loss in finishing material. None of the fabrics tested had all the qualities desirable for durability.

AUG 29 1938

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension
Washington, D. C.

No. 328

August 24, 1938.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Health THE NEW FOOD AND DRUG ACT. T. Swann Harding. (The
Commonweal. Vol. 28, No. 11, July 8, 1938, p. 290-
92.) Gives the history of the passage of the Food and
Drugs Act, and says in part: "Under the bill and under the law as finally
passed, certain quasi-legislative powers were and are specifically dele-
gated to the Secretary of Agriculture. He is to make certain regulations
necessary for enforcing the law. These regulations relate to the follow-
ing: The identity and quality of food; requirements for the informative
labeling of special dietary foods such as used by infants and invalids;
food contaminated with disease organisms, the distribution of which might
result in serious epidemics; the additions of poison to food; the certi-
fication of coal-tar colors for use in foods, drugs, and cosmetics; the
establishment of adequate laboratory tests for important official drugs;
the listing of narcotic and habit-forming drugs; label warnings against
the probable misuse of dangerously potent drugs; and label directions
for the preservation of potent drugs liable to deterioration."

Health THE ROLE OF VITAMIN D IN THE CONTROL OF DENTAL CARIES
IN CHILDREN. E. C. McBeath and T. F. Zucker. (The
Journal of Nutrition. Vol. 15, No. 6, and supplement,
June 1938, pp. 547-564.) A report of a 4-year study of the control of
dental caries in children. Conclusions were: "That the incidence of
dental caries was seasonal. The greatest incidence was found in late
winter and early spring and very low values during the summer; previous
observations on the beneficial effects of vitamin D were verified . . .
Fortifying the diet with 'protective foods' or simply increasing the
autumn-winter period, but not so definite in the winter-spring period.
A reversal of 'control' and, experimental' regimes during 2 successive
years in over 100 cases showed that individual susceptibility to caries
was negligible compared to the effect of nutritional factors."

STATE AND FEDERAL GRANTS-IN-AID. Henry J. Bitterman,
Extension (Mentzer, Bush & Co., New York, and Chicago, 1938, pp.
x plus 550.) On pages 378 to 385 the author discusses
the Extension Service. He writes of The historical background, Organi-
zation and Personnel, Control of Finance, and Control of General Policy
of Extension Work.

WHY USE BUTTER? Mary A. Brady. (Wisconsin Agricul-
Extension turist and Farmer. Vol. 65, No. 12, June 4, 1938, pp.
12-14.) Tells of the work of the extension nutritionist
of Wisconsin on extending the use of butter, which she considers one of
the best foods because of its fine flavor and its being an excellent source
of vitamin A. A note by the editor mentions the fact that under the reg-
ulations of the Federal Bureau of Animal Industry, vitamin A or vitamin
D concentrate is not permitted to be added to any meat or meat-food
product prepared under Federal meat inspection. The reason for this pro-
vision is that the use of concentrated vitamin preparations may be dan-
gerous to human health. They are regarded as potent drugs which should
be administered only on competent medical advice and not added indis-
criminately to foods. It is well known that vitamin D is harmful when
administered in excess.

WHO ARE OUR LEADERS AND HOW ARE THEY TRAINED? (Journal
Extension of Adult Education. Vol. X, No. 3, June 1938, pp. 259-
264.) A report of a discussion of leaders in which it
was said of extension leaders: Mr. Lord: "The professional leaders in
agricultural extension are graduates of agricultural colleges. . . .
Almost without exception they go into the field without training as
teachers . . . or they did in the past when I was closely associated with
extension. They learn to teach by being pitched out of the college into
the county, and they learn to teach fairly well or they don't teach long."
Miss Frysinger: "Mr. Lord's statement is not entirely accurate. The
home demonstration staff of about 2,500 teachers have been trained to
teach, and almost all have had experience as teachers of home economics
in schools. Knowledge of one's subject, the friendliness toward the
persons who come as learners that helps them to feel a sense of security
in the group, the willingness to say "I don't know," the ability to sug-
gest an authoritative source of information - these are important quali-
ties for the leader of adults. But training in method is also important.
What shall a teacher do at a particular stage with a particular phase of
subject matter, in a particular group with its own background, both social
and cultural, its own unity or lack of unity, its own prejudices: Refer
them to books, give a demonstration, call questions, arrange a discussion,
use the movies, or what? My observation of the extension staff leads me
to believe that the best teachers know their subject, but they do not tell
the members of their groups all about it; they draw out experience that
will contribute to the learning process of each member of the group.
Patience in asking questions is a very important factor in the successful
training of adults."

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AMERICAN ASSOCIATION FOR ADULT EDUCATION. Annual Report
 Education of the Director in Behalf of the Executive Board for
 1937-38. (Journal of Adult Education. Vol. 10, No. 3,
 June 1938, pp. 331-359.) A table is included which shows in what fields
 adult education has grown most. The figures are estimates of the numbers
 of persons participating in the programs of the organization in each field.

Field	Year		
	1924	1934	1938
Agricultural extension	5,000,000	6,000,000	7,000,000
Alumni education	1,000	11,000	25,000
Art and museums	5,000	30,000	40,000
Community organization	500	5,000	5,000
Private correspondence schools	2,000,000	1,000,000	1,250,000
Courses in adult education	---	1,000	3,000
Organizations of the foreign born .	10,000	10,000	10,000
Open forums	250,000	250,000	500,000
Library adult education	200,000	1,000,000	1,000,000
Lyceums and chautauquas	3,000,000	1,000,000	1,000,000
Men's and women's clubs	1,000,000	1,000,000	1,250,000
Music	1,000	6,000	10,000
Negroes	---	5,000	7,500
Parent education	15,000	60,000	100,000
Prisoners	3,000	10,000	15,000
Public schools	1,000,000	1,500,000	2,000,000
Radio education	500,000	5,000,000	7,000,000
Recreation (indoor)	1,000,000	2,000,000	2,100,000
Religious groups	150,000	200,000	300,000
Settlements	5,000	15,000	17,500
Special schools	40,000	80,000	100,000
Theaters, puppetry, etc.	1,000	5,000	15,000
Training by corporations	100,000	50,000	60,000
Training leaders	---	3,000	5,000
Unemployed (relief)	---	2,250,000	2,250,000
University extension	200,000	300,000	350,000
Vocational education (adults)	300,000	400,000	500,000
Vocational guidance (adults)	10,000	25,000	40,000
Vocational rehabilitation	60,000	80,000	90,000
Workers education	30,000	15,000	40,000
Total	14,881,500	22,311,000	27,083,000

THE EFFECT OF PRACTICE ON GROUPS OF DIFFERENT INITIAL
 Education ABILITY. Herbert Woodrow. (The Journal of Educational
 Psychology. Vol. 29, No. 4, April 1938, pp. 268 - 278.)
 Record and analysis of practice curves recording the effects of practice
 on ability of students to do work show that performance improves with
 practice, that is, the practice curves rise. "Before any account of
 phenomena of practice and learning can be complete, however, it must take
 account of two other important phenomena; namely, the change in individual
 differences and the falling-off with practice in the correlation between
 the first obtained and the last obtained scores."

Food and Nutrition COOK BOOK. Edith Key Haines. (Farrar & Rhinehart, Inc., New York, and Toronto, 1938, pp. vii plus 655.) A cook book.

Food and Nutrition THE EFFECT OF VARIED VITAMIN B INGESTION UPON THE APPETITE OF CHILDREN. Frederic W. Schlutz, Elizabeth M. Knott, and Martin L. Reymert. (The Journal of Nutrition. Vol. 15, No. 5, May 1938, pp. 411-26.) Two groups of children were studied as to the effect of vitamin B on their appetites. Conclusions were: "Since the higher levels of vitamin B administered during this investigation produced no apparent ill effects, did not force the growth, and did not tend to stabilize the appetites of the children, it is concluded that the higher ingestions of vitamin B may be regarded as optimum."

Food and Nutrition METABOLISM AND MODE OF ACTION OF VITAMIN D. Walter Heymann. (American Journal of Diseases of Children. Vol. 55, No. 5, May 1938, pp. 912-923.) A report of research, which says in part: "The only fact that can be stated with any degree of certainty concerning the mode of action of vitamin D is that vitamin D cures rickets by readjusting the disturbed phosphorus and calcium metabolism . . . The experiments in which viosterol in oil was given as intramuscular injection to rachitic rats revealed, interestingly, that ten to twelve times as much vitamin D was needed to cure rickets in rats suffering from obstructive biliary cirrhosis and jaundice as was needed to cure rickets in rats in which no operation had been performed on the bile duct. It is therefore concluded that the impairment in hepatic function caused in these experiments by biliary atresia or by administration of carbon tetrachloride was responsible for the decreased antirachitic potency of vitamin D and, consequently, that the liver, as suggested by Gerstenberger in 1933, plays an important role in the antirachitic functioning of vitamin D."

Food and Nutrition A LABORATORY CONTRIBUTION TO THE PROBLEM OF THE EFFECT OF STIFF SPONGES VERSUS SOFT SPONGES IN BREAD QUALITY, STALING RATES, AND pH. J. A. Shellenberger and Thomas A. Catlan. (American Society of Bakery Engineers. Bull. No. 111, June 1938, pp. 408-411.) A brief report of a study of the effects of stiff dough in comparison to soft sponges in bread making. Conclusions are: "There was no consistent variation of loaf volumes as the sponge consistency of the dough was varied from extreme softness to stiffness. Bread made from stiff sponges scored higher than bread made from soft sponges. The pH of soft sponges was lower than that of stiff sponges, and all sponge doughs of whatever consistency show a steady decrease in pH as the fermentation time increases. There was no evidence from this study that bread stales at a different rate depending upon whether it is made from a soft or from a stiff sponge dough."

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension
Washington, D. C.

No. 329

August 31, 1938.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Equipment NEW LIGHTING HANDBOOK IS ANNOUNCED. (Transactions of the Illuminating Engineering Society. May 1938. Vol. 33, No. 5, pp. 408-9.) An announcement of a revised edition of the Westinghouse Electric and Manufacturing Co.'s handbook on lighting. Contents: Light sources, The language of lighting, Photometry, Light and vision, Color, Light control, Interior lighting design, Industrial lighting, School lighting, Commercial public building lighting, Display lighting, Home lighting, Farm lighting, Floodlighting, Recreational and sports lighting, Architectural lighting, Electrical advertising, Street and highway lighting, Lighting in the theater.

Equipment HOUSEHOLD ELECTRIC REFRIGERATION. J. F. Wostrel, and J. G. Praetz. (McGraw-Hill Book Co., Inc., 1938, The Maple Press Co., York, Pa., 1938, pp. viii plus 406. Illus. 157.) A technical book on the construction, operation, and servicing of household and gas refrigerators.

Equipment LIST OF INSPECTED ELECTRICAL APPLIANCES. (Underwriters' Laboratories, Inc. Sponsored by National Board of Fire Underwriters. May 1937, pp. 343.) Electrical appliances that have passed inspection by the National Board of Fire Underwriters are listed.

Equipment AND HERE IS YOUR FAVORITE OLD PATTERN IN NEW GLASS. (The American Home. July 1938. Vol. 20, No. 2, p. 25.) This well-illustrated article calls attention to the beauty in much of the glassware being manufactured today. Many of these pieces are reproductions of old favorite patterns.

Food and Nutrition NUTRITION PROGRAM IN A STATE HEALTH DEPARTMENT. Woodbridge E. Morris, M. D. (American Journal of Public Health and the Nation's Health. June 1938. Vol. 28, No. 6, pp. 718-722.) This report says: "A program of public education in the dietary improvement of health was conducted during the 1936-37 school year in Kent County, Del. The public was reached through posters, news stories, meetings, demonstrations, and circular letters. Emphasis was laid on breakfasts. A survey of 6,511 school children's breakfasts showed half to be inadequate.... Apart from the State-wide breakfast survey which I shall describe, 260 home demonstration club members conducted a home-breakfast study of their own, on 651 adults and 256 children. It showed them that too little milk, fresh fruit, eggs, and whole-grain products were used."

Food and Nutrition THE DETERMINATION OF THE CALORIE REQUIREMENTS OF MAN. (Nutrition Abstracts and Reviews, The Imperial Bureau of Animal Nutrition, Aberdeen. January 1938. Vol. 7, No. 3, pp. 509-529.) Warns against the dangers of deficiencies in the calorie value of diets brought about because people have become too absorbed in the needs for certain specific food constituents of the diet. Discusses metabolism, under varying conditions and for different individuals. The article says, "Women require daily not less than 2,200 calories for the housewife and typist and up to probably 3,300 calories for those engaged in heavy industrial work. The nursing mother requires from 2,900 to 3,500 calories daily. The requirements of adults will be increased by from 300 to over 1,000 calories daily by only 2 hours of sport or physical training. It is certain that it is possible to live and work on much lower intakes than those, but investigations such as that of Benedict suggest that it may be at the expense of health and efficiency. Finally it must be remembered that the values reached by any of these methods are average values, so that in practice, especially when individual requirements have to be considered, a margin must be allowed."

Food and Nutrition MODERN BOOK OF HOME CANNING. M. G. Kains. (Greenberg, Publisher, Inc. New York, 1938, pp. vii plus 184.) Contents: Modern home canning, Food-preservation principles, Canned-food containers - Glass, Canned-food containers - Tin, Equipment and general steps in canning, Canning methods, Sirups, Brines, etc., Recipes for canning acid foods, Fruit juices, Recipes for nonacid or neutral foods, Flesh-food canning, Recipes for canning fish, Pickles and relishes, Jellies, The jelmeter - Natural or Delaware method of jelly making, Jams, Preserves, Conserves and marmalades, Fruit butters, Appendix.

Housing FARM HOUSES THAT FARM FAMILIES WANT. Ruby M. Loper. (American Lumberman, March 1938. Whole No. 8121, 65th year, pp. 38-39.) A condensation of an address presented before a meeting of the farm structures division of the American Society of Agricultural Engineers, held in Chicago, December 1937. Facts and conclusions presented, although based primarily upon conditions in Nebraska, are for the most part equally applicable to other States in the Middle West, or to a larger area.... Opposition to plans furnished by colleges has been voiced by architects in some instances, but several factors exist that justify such work. First, too few architects know the requirements of farm homes. Next, most farmers will not have extra money for architectural service, and in many communities such service is not available. Also, some of them would not hire an architect if it were possible. We are all agreed on the value of the services the architect has to offer and, when homes of \$8,000 or so are to be built, people will be urged to employ an architect. But in ordinary times few architects want to bother with a \$3,200 or \$4,000 house, especially when it is to be many miles away.

Housing SELECTED REFERENCES ON READY-CUT HOUSES, HOUSE PLANS, FARM BUILDINGS, LOG CABINS, WAYSIDE STANDS, SUMMER CAMPS AND COTTAGES. Forest Products Division, Bureau of Foreign and Domestic Commerce, Department of Commerce, Washington, D. C. (Dept. of Commerce, Washington, D. C., January 1938, pp. 1-10.) A bibliography of books, bulletins, and articles on housing.

Housing DIGEST AND SUMMARY OF NATIONAL HOUSING ACT AMENDMENTS OF 1938. (American Builder. March 1938. Vol. 60, No. 3, pp. 42-45 and 104, 106.) The high lights of this article are: "A \$5,000 house can be sold for \$500 down and monthly payments of about \$27 for 25 years. Rural and country houses can now be financed by FHA the same as city homes. Cottages, summer homes, and small houses in country, up to \$2,500, can be financed under Title 1 - modernizing section - and paid for in 10 years at 6.7 percent interest. Wayside stands, filling stations, farm structures and other rural buildings for any purposes, up to \$2,500, can be financed under Title 1. Modernization loans up to \$10,000 available on all types of structures including all types of home equipment permanently built in or attached to property. 1/2 percent FHA service charge eliminated and insurance premium cut from 1/2 to 1/4 percent per year on reducing balance on houses under \$6,000. Small banks and other financial institutions encouraged to make more FHA loans by increased liquidity - can be discounted, sold, or borrowed on at short notice."

Textiles and PROPOSED SILK RULES DRAFT ISSUED BY FTC. (Women's Wear
Clothing Daily, July 15, 1938, p. 13.) Gives the full text of the 15
proposed rules to be decided by the Federal Trade Commis-
sion on August 2, 1938.

Textiles and WHY I MAKE MY OWN CLOTHES. Elaine Neal. (Good Housekeep-
Clothing ing. Vol. 106, No. 6, p. 122.) The author in telling of
her experiences in making and altering her own clothing
says she learned that certain parts of a garment have to
be right no matter what the style is. Hips must be smooth, armholes big
enough but never too big, and shoulder lines are the most important part
of a bodice. A half inch on the bottom of a skirt may ruin the looks of
the calf of the leg. A material when cut crosswise fell one way, and
when cut lengthwise fell another.

Textiles and GUARANTEED FASTNESS. (The Wool Record and Textile World.
Clothing June 25, 1928. Vol. 53, No. 1519, pp. 29, 31, and 46.)
Says in part, "There is a general impression that fastness
is an intrinsic property of a dyestuff and that there are
colors which may be classed as 'fast' and those which may be classed as
'loose.' While it is, of course, true to say that the cause of fastness
of a dyeing is to be found in the dyestuff used, it is nevertheless for
practical purposes truer to say that fastness is a property dependent
upon the condition of test (including the depth of shade of the dyeing)....
Many dyes are very sensitive to moisture, and some of the acid violets,
for example, are remarkably resistant to sunlight if exposed under very
dry conditions. ... Another atmospheric impurity which influences fading
is oxide of nitrogen, which is frequently found in rooms in which a gas
fire is burning. ... Fastness to perspiration is another variable property.
... There are plenty of 'exceptionally fast' colors, and there are many
fabrics on the market which can be justifiably described by this term."

Textiles and SELLING FURS SUCCESSFULLY. Max Bacrach. (Prentice-Hall,
Clothing Inc. New York, 1938, pp. 286.) Contents: Historical and
other interesting facts about the romance of furs, How
values in furs are determined, How furs are manufactured,
The place and purpose of the fur garment in women's attire, Grouping fur
garments for easy selling, The seal and seal-dyed group, Sportswear furs
with moderately long hair or fur, Sportswear furs with a short pile,
Sportswear furs with a flat appearance, Furs for formal wear, Furs used
for accessories, Furs used for trimming fabric garments, Types of women
from the fur viewpoint, Proper technique for selling furs, Cold storage
and fur service. As the title implies, the information is for salesmen,
but much of it is helpful to buyers of furs.

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SEP 9 1938

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension
Washington, D. C.

No. 330

September 7, 1938.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Management TIME STUDY OF ANY BABY'S MOTHER. Viola E. Holley.
(Parents' Magazine. April 1938. Vol. 13, No. 4,
pp. 27, 93.) The author advised that occasionally a
mother should keep a careful record of how she spends every hour of the
day for the week. She will then find whether she is spending too much
time in cooking, sewing, caring for the house or the baby. Also by mak-
ing tests she can learn how much time each task should require. She
says of one of her checks on her time: "I did find to my surprise that
I was spending very little time with the older children since his arrival,
much less than I had supposed. I do not think I have ever kept a record
of a week's time without having it surprise me by revealing something
important.

Management THE SHOPPING GUIDE. E. B. Weiss, and Maurice Mermey.
(Whittlesey House, McGraw-Hill Book Co., Inc., New York,
London, pp. xi plus 301, 1937.) A book on the world's
greatest industry - shopping. A compilation of chapters written by
buyers, merchandise managers, and research experts of department stores.
Chapter headings: Furniture, Floor covering, Silver, Shoes, Handbags,
Men's clothing, Shoes and Hats, Textiles, Sheets and blankets, Table
linen and towels, China and glassware, Corsets, Millinery, Intimate wear,
Luggage, Gloves, Women's and children's ready-to-wear, Furs, Being a
better buyer.

Management THE HIRED GIRL. (House and Garden. July 1938. Vol.
74, No. 1, pp. 44 and 64-65.) The author says that the
hired girl, that is, the neighbor's daughter - not a
maid or servant - may point the way to the solution of the problem of
help in the home. She defines the "hired girl" and her status in the
home where she is employed.

- Textiles and Clothing WHEN YOU BUY TOWELS. Lois Johnson Hurley. (Wisconsin Agriculturist and Farmer, Racine. July 2, 1938, pp. 12, 14.) A discussion based on a report of the United States Bureau of Home Economics regarding selection of towels. The summary says: "A towel is a good buy if and when it is made of fibers all of the same kind--all linen or all cotton; long fibers spun into strong yarns; every yarn well-fastened into the foundation of the fabric; reinforced selvages and hems; and of such a size and weight that it can be handled and laundered easily."
- Textiles and Clothing WE DO BUY CLOTHES. Textile Bulletin. (Clark Publishing Co., Charlotte, N. C. July 14, 1938. Vol. 54, No. 20, pp. 15.) A brief editorial commenting on the statements that people in the South do not wear shoes and are the economic problem of the Nation. The Bureau of Home Economics' survey discloses that in 33 villages in Georgia, Mississippi, and the Carolinas, husbands spend an average of \$56 for clothing, whereas the wives spend an average of \$57 annually compared with averages of \$38 and \$42 spent in six northern States where a similar survey was made. This comparison shows that the South is spending for clothes an average of \$20 more a year than the North spends.
- Textiles and Clothing THE SHOE AND LEATHER LEXICON. Walter C. Taylor. (Boot and Shoe Recorder. New York City, 1938, pp. 1-86.) Discusses the materials that go into shoes, and the principal methods of making shoes.
- Textiles and Clothing VARIOGRAPH - A NEW PATTERN PRODUCER. (Rayon Textile Monthly. (May 1938. Vol. 19, No. 5, pp. 72 [324].) A new device called a variograph is described, which produces innumerable designs, and produces them faster than an artist could invent them.
- Textiles and Clothing THE CINDERELLA FUR - RAMIFICATIONS OF THE COMMON RABBIT. David Kaplan. (The National Cleaner and Dyer. July 1938. Vol. 29, No. 7, pp. 14-15, 65-67, illus.) Defines the names given to rabbit furs, tells how they are tanned, cut, and made into garments.

THE VETO AGE. Charlotte DeSelm Strasma. (Parents' Magazine. (May 1938. Vol. 13, No. 5, pp. 26 and 87.)
The Child Tells how to use a little diplomacy with the toddler who has just discovered the exciting possibilities of the word "No," and how with a little tact he can be made to use it in a way that will be constructive rather than irritating and destructive.

CURRENT COMMENT - EFFECT OF CHILDHOOD ILLNESSES ON GROWTH. (The Jour. Am. Med. Assn. June 25, 1938. Vol. 110, No. 26, p. 2158.) An editorial on the prevailing opinion that children who are frequently ill are stunted in their growth or do not develop normally, which was discussed by Martha C. Hardy in "Frequent Illness in Childhood, Physical Growth and Final Size" (Am. J. Phys. Anthropol. 23:241 (Jan-March) 1938.) Conclusions reached are: The incidence of illnesses during the first 12 years of life ranged from 1 to 16, exclusive of colds and rickets. ...Evidence was not obtained of any general relation of illness histories either to rate of growth during middle and late childhood or to size at maturity. The correlation gave no suggestion of any permanent deleterious effect of frequent sickness, per se.

EASY SLEDDING FOR MOTHERS. Kathern Ayres Proper. (Country Gentleman. July 1938. Vol. 107, No. 7, p. 58.)
The Child Hints for saving the energy of the mother in caring for her child. Some of the hints are: A collapsible buggy for the baby, Liquid soap for his shampoo- the soap may be made at home. Give the baby his cod-liver oil when he is undressed for his bath, to avoid staining garments. Use a chart to remember which side the child lay on last. A device for preventing thumb sucking is described.

COMMON SENSE AND CHILDREN. Dorothy Blake. (Woman's Home Companion. (July 1938. Vol. 65, No. 7, p. 49.)
The Child Includes two letters from mothers on handling the problem of tantrums. Both recommend, first of all, making sure the child is in good health, getting plenty of rest and sleep, a proper diet, and not being teased or annoyed by anyone. Second, for tantrums, the giving of no attention should be tried on certain types; encouragement of good behavior should be given, and so forth.

FEARS: THEIR CAUSE AND PREVENTION. George Lawton. (Child Development. June 1938. Vol. 9, No. 2, pp. 151-161.)
The Child A discussion of types of fears and their effect on the child. Also, how to handle the fears of children.

Food and DIGESTIBILITY AND NUTRITIONAL VALUE OF CEREAL PROTEINS
 Nutrition IN THE HUMAN SUBJECT. John R. Murlin and Henry A.
 Mattill. (The Jour. of Nutrition. The Wistar Institute
 of Anatomy and Biology, Philadelphia, Pa. July 10, 1938. Vol. 16, No. 1,
 pp. 15-35.) A report of research, using six human subjects. Conclusions
 are: "The apparent and 'true' digestibility in the human alimentary
 tract of the proteins of three cereal breakfast foods have been studied,
 namely, a wheat endosperm product, a so-called 'whole wheat' and a pre-
 cooked rolled oats.....Apparent and 'true' digestibility of the different
 cereals paralleled each other, and for the most part the digestibility,
 whether apparent or true, was in the same order for the different sub-
 jects. ...The milk-replacement value of the proteins of the precooked
 rolled oats and the 'whole wheat' were substantially the same numeri-
 cally as their biological values. That of wheat endosperm was some-
 what higher than its biological value."

Food and THE EGG-REPLACEMENT VALUE OF SEVERAL PROTEINS IN HUMAN
 Nutrition NUTRITION. Emma E. Sumner, H. B. Pierce, and J. R.
 Murlin. (The Jour. of Nutrition. The Wistar Institute
 of Anatomy and Biology, Philadelphia, Pa. July 10, 1938. Vol. 16, No. 1,
 pp. 37-56.) The experiment conducted is outlined for determining the
 biological value of milk and egg protein by feeding 10 healthy adults.
 Conclusions are: Egg protein is superior to milk protein in maintaining
 nitrogen balance of adult human subjects. Powdered milk and fresh milk
 replace egg nitrogen to about the same extent. Wheat endosperm used
 with a small amount of 4X cream replaces egg nitrogen fully as well as
 milk. When yeast is substituted for a fraction of the milk or egg
 nitrogen, an increased negative balance results in the majority of the
 subjects. ...The apparent coefficients of digestibility are of the same
 order of merit for egg, wheat endosperm, and fresh or dry milk. ...The
 proteins of milk and of egg are equally well assimilated by human sub-
 jects or by rats, whether measured by the apparent or true coefficient
 of digestibility.

Food and FOODS, THEIR NUTRITIVE, ECONOMIC, AND SOCIAL VALUES.
 Nutrition Florence LaGanke Harris, and Ruth Adele Henderson.
 (Little, Brown & Co., Boston, 1938, pp. xi plus 633.)
 A textbook. Chapters are: Nutrition, Meal planning, Food preparation,
 Etiquette and entertaining, Marketing, Standards for buying foods,
 Kitchen planning, Eating at home and abroad, Reference section. It is
 intended for high-school boys and girls.

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension
Washington, D. C.

SEP 14 1938

No. 331

September 14, 1938.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Personal MARRIAGE AND THE FAMILY, SOME TRENDS IN WOMEN'S WORK. Chase
Going Woodhouse. (Social Forces. Vol. 16, No. 4, p. 543-
552). Discusses some of the lacks in our educational system
in preparing girls for work. Jobs open to women are described. The
article concludes: "Certain occupations, especially in clerical work,
are being more and more restricted to young women only. Retraining pro-
grams should be organized, in order that women let out at early middle
age may transfer to other types of work, and careful studies should be
made of the whole problem of the age factor. Women are not replacing
men. They are entering the newer service occupations in larger propor-
tions than are men. Rather than competing with men, they are finding
jobs in developing lines of work which are primarily women employing."

Personal ON OVERCOMING FEARS AND WORRIES. Ladies' Home Journal.
Henry C. Link, Ph. D. (The Curtis Publishing Co., Phila-
delphia, Pa., August 1938, pp. 18, 65, 66.) Some brief
instructions are given in connection with this article. They are:
DON'T - Argue with yourself that nothing is the matter. Try to forget
your worries by reading novels or going to the movies. Excuse yourself
from meeting strangers. Talk to other people about your worries. Try
to hold your temper. Spend time alone, trying to analyze what is wrong.
DO - Adopt a more strenuous physical life. Join the Y. M. or Y. W.,
take up golf or another game. Learn to play bridge, to knit, or do
other handicraft. Buy a dog and take him for daily walks. Interest
yourself in someone who is in difficulty, and find a way to help him or
her. Get "hopping mad." Go to church.

Personal SUMMER GIFT HORSES -- DON'T GIVE THEM! Constance R. Milton.
(The American Home. Vol. 20, No. 3, August 1938, pp. 40-
41.) Gifts for hostesses are discussed. The author suggests
what to give and what not to give.

EXPERIMENTS ON PREFABRICATING WOOD HOMES. Many Evidences of Progressiveness in the New South. (American Lumberman, Chicago, Ill. April 9, 1938, Whole Number 3123, pp. 1-105.) A short item by the editor, which tells how a lumber dealer is cutting pieces of lumber at Quincy, Fla., for the construction of houses of several designs. It says this: "Provides for the fabrication to exact dimensions of every piece of material going into the construction of a building, so that no cutting or sawing, whatever, is done when the house is being erected. The architect has developed fifty house designs, in the erection of which the same bill of materials is used."

"If this experiment is as successful as he believes it will be, he expects to go into production on an extensive scale. This may be the answer to the question of a good, low-cost home built of wood."

Housing THE BOOK OF 100 HOMES. Brown-Blodgett Co. (Brown-Blodgett Co., St. Paul, Minn. Copy 2, 1936, pp. 1-100.) The homes described in this book include bungalows, cottages, two-story homes, and duplexes. There are pictures of the exteriors and floor plans.

Housing SMALL HOME FINANCING UNDER TITLE I FHA. (American Builder, May 1938. Vol. 60, No. 5, pp. 42-44. Five illustrations and plans.) Tells how, with Federal Housing Administration money, small homes may be built for \$2,500 in outlying districts.

Housing FOUR WAYS TO BETTER BUILDING. Deane G. Carter. (Progressive Farmer. May 1938. Vol. 53, No. 5, p. 30.) A short article telling of a house designed at the University of Arkansas. The plan is shown.

Housing MIS' DRAPER'S PARLOR. Della T. Lutes. (The American Home. Vol. 20, No. 3, August 1938, pp. 5-7, 52-53.) Describes the spirit in the furnishing of satisfying homes of the past where people had good times and liked to gather, and the successive changes that have depleted homes of their attractions.

VITAMIN A IN DAILY DIET. (Scientific Monthly. August 1938, pp. 170.) A brief item saying, in part: "An adult should eat at least 3,000 vitamin-A units daily in order to remain healthy, avoid night blindness and be better able to withstand infection. More than 3,000 is desirable.--You can get 1,040 units from a pint of milk and 1,600 units from one and one-half ounces, or about three tablespoons, of butter; 1,000 units from one ounce of raw carrots; 3,000 units from an ounce of liver; 3,000 from an ounce of spinach; 700 units from an ounce of squash; 800 units from an ounce of fresh prunes; 1,000 units from an ounce of eggs; and from good old cod-liver oil, 8,280 units from one teaspoonful."

AN EXPLANATION OF FLOUR ANALYSES. William H. Cathcart. (The Northwestern Miller and American Baker. August 1938. Vol. 15, No. 8, pp. 30-35 and 60, 62, 64.) The introduction says: "The vast amount of technical research that has been done by cereal chemists and others in regard to flour and related subjects is of utmost value academically and to scientifically trained bakers. However, most of it is of little value to the average practical baker. The plea to put scientific facts into the "baker's language" is growing stronger and stronger. Many bakers do not clearly comprehend the full significance of the data as shown on a flour analysis report. Because of a desire to enlighten the baker and because of the importance of the analysis of flour, this article has been prepared." The article then discusses data from chemical analysis, from baking tests, and from other observations.

SPECIAL ARTICLE, VITAMIN A - METHODS OF ASSAY AND SOURCES IN FOOD. Hazel Munsell. (The Journal of the American Medical Association. Vol. 3, No. 3, July 16, 1938, pp. 245-252.) This article says in part: "The storing of foods in the frozen state offers one of the best methods of retaining the maximum vitamin value. The vitamin-A value of frozen foods is for all practical purposes the same as that of the fresh products; provided, of course, that this statement is construed to apply to the frozen product or the defrosted product immediately after defrosting, since there may be a rapid loss of vitamin-A value if the defrosted food is allowed to stand. Dried or dehydrated foods show considerable loss in vitamin-A content, due, undoubtedly, to oxidation of the vitamin during the drying process. Dried products may show a further loss during storage. Most foods in their natural state that are susceptible of storage for any length of time may be stored as long as from 9 months to a year without serious loss of vitamin-A value, and any loss taking place is very gradual."

Clothing and Textiles MOTHPROOFING PROBLEMS. (Exterminators Log. Vol. 6, No. 6, June 1938, pp. 12-14.) Says in part: "..... In spite of the many useful substances now available, it is necessary to admit that the ideal mothproofing compound has not yet made its appearance. The main purposes of this article are to point out some of the more important desiderata which are still unattained, to review briefly the present-day situation in this field, and to suggest a basis for future research.Of the many hundreds of substances suggested for use in moth control, only a few have proved to be of a practical value. These can be divided into two classes: First, those that purport to be of a more lasting natureDilute aqueous solutions of silicofluorides, containing alum, are the only ones in this class which have been popularized for household use.The recommended practice is to renew the application annually. Like all water-soluble substances they can be readily lost by accidental wetting or washing--moreover their use is necessarily restricted to materials that are not injured by water."

Clothing CLOTHES CONFIDENCE. (Capper's Farmer. May 1938. Vol. 49, No. 5, pp. 46-47 and 52.) Advice about improving one's personality by properly selected clothes. It asks the questions and gives the answers to these questions--"Which would you rather your friends would say: 'What a good-looking dress you are wearing!' or, 'How lovely you look!?' Smartly dressed women whose figures seem perfect and who evoke compliments, frequently are not beautiful."

Clothing and Textiles "FASHION IS SPINACH" -- Yes and No, in Radio Discussion. (Women's Wear Daily, Tuesday, July 26, 1938, p. 2.) A brief discussion of fashions in which Mrs. Slater of the New York Federation of Women's Clubs says, "I agree with Miss Hawes that fashion is spinach. Even though I like beautiful clothes, lovely accessories, new things in my possession, I am perfectly capable of liking the same type of dress, hat, or bracelet, for years on end. Most women want clothes that are becoming and comfortable. Designers face that fact with dismay. ... When I interview women who wish to become educated consumers, I wonder how long the fashion people will be able to make up our minds for us. Of course, fashion is an industry that provides employment for a lot of people. ... It's [style] for the very few. The big buying public can't - and won't - afford it. The average American shopper is more interested in getting his money's worth."

SEP 21 1938

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension
Washington, D. C.

No. 332

September 21, 1938.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Personal

HELPS FROM A HOLIDAY HOBBY. (Forecast. June 1938. Vol. 54, No. 6, pp. 244-247, 272, and 284, 7 illus.) Describes a lantern-slide series prepared by Stout Institute, Menominee, Wis., and used in teaching personality development. It tells how the home economist may make her own slide series.

Personal

STUDENT ATTITUDES ON MARRIAGE AND THE FAMILY. William S. Bernard, University of Colorado. (American Sociological Review, June 1938. Vol. 3, No. 3, pp. 254-261.) A summary of opinions of students, relating to marriage, sex, and family life.

Personal

LEADERSHIP. (The Countrywoman. August 1938. Vol. 5, No. 54, p. 8.) A note by the editor says that this article is written by a Kentucky homemaker from her own experience. She says in part: "The question of leadership in our Homemakers' organization is a very important one. Without leadership, interest fails and soon the club dwindles away. . . Good advice to prospective leaders might be: Train yourself for the effort; get accurate knowledge of the facts concerning your organization, its plans, its problems; have a clear and definite opinion of the goals it should seek; perform your duties conscientiously and to the best of your ability; steel your heart to courage, honesty, and unselfishness, your soul to undying patience. . . The position of follower is one of grave responsibility too, for we must choose the proper sort of leaders, and then we must put into effect the aims and ideas they present. . . All great causes need trained leaders and loyal followers. So there is a place, equally important, for every one in countrywomen's organizations in advancing the welfare of our homes and communities."

Food and
Nutrition

THE PROTEIN IN BREAD. James A. Tobey. (Food Facts.
May 1938, Vol. 7, No. 5, pp. 1 and 2.) Says in part:
"One of the many reasons why bread and milk offer

such a perfect food combination is because of the supplementary values of the proteins of these two excellent foods. What the one lacks, the other provides, so that together they give to the consumer a complete quota of proteins containing all of the amino acids that the body requires. More than that, the combination of bread and milk is more readily digested than is either food by itself. . . . As a supplement to the protective foods, milk and dairy products, eggs, liver, fruits, and green leafy and yellow vegetables, bread rounds out a sensible daily fare. 'As a rule' says one of our greatest authorities on nutrition, Professor Henry C. Sherman, 'a free use of bread and other grain products together with an adequate amount of milk makes for both an economical and well-balanced dietary! 'The dietary should be built around bread and milk,' is a maxim which is strongly supported by present nutritional knowledge.'"

Food and
Nutrition

SOFT DRINKS AND FRUIT JUICES. (Consumers' Digest.
August 1938. Vol. 4, No. 2, pp. 43-44.) Discusses
fruit juices, including tomato, citrus, grape, and
pineapple juices. It says in part, "Consumers - and farmers - will benefit if they can bring public opinion to demand natural and diluted fruit juices free from synthetic flavors, dyes, and other chemicals. The worst of the situation is that the methods of handling soft-drink bottles in tanks and tubs of ice water make adequate labeling with paper labels very difficult; and of course the cap of the bottle, which in the great majority of cases never reaches the consumer's eye anyway, has extremely limited facilities for relaying essential information. . . . Lest these observations on soft drinks and fruit juices seem unduly pessimistic, it should be pointed out that there is little objection from the standpoint of health to occasional use of good-quality soda pop, iced fruit drinks, and fruit juices. The dangers involved in their frequent use are emphasized to counteract in some measure the commercial pressure to begin every meal with a fruit juice and to assuage the thirst between meals with a swig of soda pop or a 'cola' drink instead of water."

Food and
Nutrition

HOW COCOA AFFECTS THE VARIOUS CHARACTERISTICS OF
ANGEL FOOD. Charles A. Glaban. (Bakers Weekly, May
7, 1938. Vol. 98, No. 6, pp. 53 and 54, one illustration and two graphs.) This article, part 3 of a series, tells how cocoa added in various quantities affects angel-food cakes. In conclusion the author says: "It is desirable to reduce the quantity of flour in some proportion to the quantity of cocoa used when this material is employed in the manufacture of angel cake. The cakes in which the flour reduction was made were more tender and much more attractive in other ways. They also scored higher in their various characteristics."

Textiles and Clothing BUT OH - THE IRONING. (Good Housekeeping, July 1938. Vol. 107, No. 2, pp. 72-73, and 137.) Instructions are given for hanging articles for drying after washing to facilitate ironing, for sprinkling and rolling while waiting, and steps in ironing different garments.

Textiles and Clothing BIBLIOGRAPHY ON THE CHEMISTRY OF WOOL. (American Dyestuff Reporter. April 1938. Vol. 27, No. 7, pp. 183-198.) Reviews of numerous articles follow the titles relating to wool. This article is to be continued later. Some general subjects to be covered in the entire bibliography are: Absorption of acid and of alkali; Bacteria, Enzymes, and Fungi; Chemical constitution; Dyeing, Felting, Fulling, Effects of heat and light, Milling, and Specific gravity.

Textiles and Clothing THREE DIFFERENT LABELS IS ASSOCIATION PLAN. (Women's Wear Daily. August 4, 1938. p. 24.) Tells of the National Association of House Dress Manufacturers' plan for new labels for thin goods. "The labels have been made by a committee headed by Dr. Ephraim Freedman. . . Probabilities are that one label will deal with ordinary cottons, another with sheer cottons, and the third with rayons, although the committee has been working on five proposed tags. The belief is that these labels, which give washing instructions, will materially reduce the amount of consumer complaints about shrinkage, color-fastness, durability, etc." It tells what instructions for washing, and the like, will be on the tags.

Textiles and Clothing THE DEVELOPMENT OF THE CLASSIFICATION OF COLOURED GOODS IN THE LAUNDRY. Courtney Harwood and M. I. Chem. (The Journal of the Textile Institute. May 1938. Vol. 29, No. 5, pp. p 116-p 124.) Discusses problems of color classification and fading of garments in the laundry, and says that this subject is of interest not only to laundrymen, but to dye manufacturers, dyers, merchants, and distributors who have all had their share of troubles that were due to depreciation in coloring matter during use and laundering. Though this article is written about conditions in Great Britain, it contains a general history of the dyes used and processes of dying fabrics from early days to the present time. It says, among other things, "It is quite often the practice to add common salt to a load of colors with the idea of minimizing the risk of fading when washing. We have found, however, that, generally speaking, this is a fallacy." Tests were made, and in each instance there was little difference between those washed in soap alone and those washed in soap and a 1 percent salt solution. However, fading was slightly higher in the solution containing salt.

Health NUTRITIONAL EDUCATION IN THE HOME. Bertrand E. Roberts. (American Journal of Public Health and the Nation's Health. August 1938. Vol. 28, No. 8, pp.

944-948.) Describes a study of the diet of Dutchess County, N. Y., and the methods used in educating the people to the planning, preparation, and acquiring of better meals. It says that the optimum diet recommended by authors in the field of nutrition is far from being realized. The opinion was that nurses must not only be instructed in the preparation of nutrients, but that they need a plan of operation under which they can gauge the lacks in the dietaries of the families with whom they work and take measures for their correction. Correcting the nutritional deficiencies in a county can be most economically done by public-health nurses, according to this author.

Health NATURE GIVES US SUNLIGHT--LET'S USE IT. Dr. Walter H. Eddy. (Good Housekeeping. July 1938. Vol. 107, No. 1, pp. 51, 140.) Tells of the value of sunlight

and how to use it. It says in part: "Remember, a quickly acquired brown pigmentation is not proof of having used sunlight healthfully. The disease of rickets is far more prevalent in infants of the dark-skinned races. The pigmentation in these dark-skinned races developed as protection against tropical sunlight, but in northern climes this same dark pigmentation actually cuts down the ultraviolet absorption to below safety limits. In other words, a too tanned skin may prevent sun benefits."

Health PLUMBING IN LOW COST HOUSING.. Joel I. Connolly. (American Journal of Public Health and the Nation's Health. August 1938. Vol. 28, No. 8, pp. 944-948.)

Discusses dangers from plumbing that may occur in low-cost dwellings, and tells how to eliminate such dangers. Siphonage from one fixture to another is one of the problems. It suggests the elimination of a submerged hush tube and devising some other method of quieting the entrance of water, as well as other means of preventing contamination of drinking water. Among these are the problems brought about by flooding of sewers, basements, and the re-use of water in cooling refrigerators.

Health HOW STRONG IS THE NEW FOOD LAW? T. Swann Harding. (The Christian Century. June 29, 1938. Vol. 55, No. 26, pp. 814-816.) Now that the food, drugs, and

cosmetic act has been enacted into a law, this article tells what the law does and does not provide. It does not make provision for the grading of foods, or cover general advertising. It provides for the establishment of certain food standards, defines labeling, makes slack-filling and deceptive containers violations of the law, protects the public against added food poisons and poisonous substances naturally in foods. "Health" foods must bear labels telling actual dietary properties. Cosmetics are defined. Factory inspection is authorized.

SEP 20 1938

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension
Washington, D. C.

No. 333

September 28, 1938.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Social MAN AND SOCIETY. A SUBSTANTIVE INTRODUCTION TO THE
SOCIAL SCIENCES. Edited by Emerson P. Schmidt. (Prentice-
Hall, Inc., New York, 1938, pp. vi plus 805.) Contri-
butions from faculty members of the Universities of Minnesota and Nebraska.
Chapters: Sociology and Culture, Social Institutions, Social Anthropology,
Social Psychology, Psychology and Some of Its Applications, Modern Crimin-
ology, History, Human Geography, Elements of Political Science, Popular
Participation in Government, The Machinery of Government, The Economics of
Price, The Distribution of Income, Economic Security, Casual Relationships
and Their Measurement, and Social Valuation.

Social NEW STANDARDS OF FAMILY LIVING. Ernest R. Groves.
(National Parent-Teacher, August-September 1938, Vol. 33,
No. 1, pp. 13-15.) The author says the evidences of
social change are "Children learn their first practical lessons in politics
in the home. The home today meets new social and psychological problems
because of the radio, the movie, the pulp magazines, the popular forms of
recreation. Housing conditions for family living do not provide adequately
for necessary privacy, for convenience, for beauty. Family customs and
traditions are being replaced by group customs and community standards. The
attitude which a child has toward his parents depends upon their personali-
ties and not upon the authorities they possess." The author in conclusion
says it would not be fair to say that our families alone have as a standard
this drive for greater security, for it is so shared throughout the world
that it seems a product of modern rather than American conditions. He also
says we still face the future with confidence, believing that a reasonable
degree of security is no futile hope, and that society will find a way to
provide it for the intelligent, love-possessing family. "The family is as
safe as civilization itself."

Clothing and
Textiles

DO YOU KNOW YOUR FEATHERS? (Women's Wear Daily, August 23, 1938, Vol. 57, No. 37, p. 32.) The terms for different kinds of feather ornaments used by the millinery industries are illustrated and defined. There is also a list of the birds whose feathers or bodies are prohibited as ornaments. Another list gives those permitted as ornaments. It includes: Goose, chicken, turkey, domestic pigeons, domesticated ducks, swans, English pheasants, Lady Amherst pheasant, guinea hen, peacock, ostrich, and Rhea, or South American ostrich, known as "vulture" in trade.

Clothing and
Textiles

THE THRESHOLD OF TACTUAL SENSITIVITY BY HANDLE AND ITS COMMERCIAL SIGNIFICANCE. Henry Binns. (The Journal of the Textile Institute Transactions. June 1938, Vol. 29, No. 6, pp. T117-T131.) Discusses terms used in judging the handle of textile fabrics, the relationship of fineness to softness, evidence of heredity of the textile tester in the trade; a comparison of experienced and inexperienced people, technical and natural qualities judged by touch, a comparison of four types of judgment made by touch, the effect on the textile tester, due to the handling of machinery, on his ability to judge the handle of materials - time and fatigue and other factors are considered. It was found that the blind had no better tactual sensitivity for quality of cloth than those who could see. Tactual sensitivity appears to be constant in an individual over a long period of years, but there is a greater variation in this ability between different persons.

Clothing and
Textiles

WHAT DO YOU KNOW ABOUT FURS? - NORTH AMERICAN RED FOX. Peter Losefsky. (Women's Wear Daily, August 9, 1938, Vol. 57, No. 27, p. 32.) The types and characteristics of North American fox are discussed here. The author says that the darker shades of red are preferable to the lighter ones. The fuller the fur, the more valuable, and, generally speaking, the larger the skin. Primeness also affects price, and silkiness is important. A table shows the comparative quality, fullness of fur, texture of fur, average color, use, and average size of skins from places in Canada, Alaska, and the United States.

Clothing and
Textiles

INTERESTING SOURCES OF NATURAL DYESTUFFS. (Textile Colorist, March 1938, Vol. 60, No. 711, pp. 189-192.) Tells of the use of mahogany sumach for dyeing black and blue among the Indians; a yellow dye from Adonis vernalis and another yellow dye from Memecyclon tinctorium, of which the saffronwood tree is a member; and various dyes and tans from Woodfordia. These latter are native to India.

Child

A PRELIMINARY STUDY OF THE EFFECTS OF PREVIOUS NURSERY SCHOOL ATTENDANCE UPON FIVE-YEAR-OLD CHILDREN ENTERING KINDERGARTEN. (Univ. of Iowa Studies in Child Welfare, 1938, pp. 14, 197-278. Abstracted in Childhood and Adolescence, August 1938, Vol. 12, No. 3, p. 492, item 4436.) "Using the control group technique, junior primary children who had attended preschool (nursery school group) were compared with children who made their initial school enrollment in junior primary (non-nursery school group.) The groups were similar as to age, intelligence, and socio-economic background. There were 20 children in the nursery school group and 15 in the non-nursery school group. The nursery school group had gained in IQ from the time of entrance to preschool to enrollment in junior primary. Scores in reading, readiness, vocabulary, and information indicated little difference between the groups. The nursery school children were more aggressive, independent, and sociable, according to ratings on the Berne scale, and were more mature in social competence according to the Vineland scale.--B. Wellman (Iowa)."

Child

BRING THE CHILDREN. Alberta Armer. (Child Study, April 1938, Vol. 15, No. 7, pp. 214-215.) The author recounts the experience of a woman whose little daughter needed training in meeting people and making visits. After having had several humiliating experiences she worked out a platform or program to follow. "Hostess' responsibility--should provide toys, or a shelf of collected treasures to examine, or preferably large outdoor play space, with maid or someone, to watch that they stay within bounds and don't kill each other, and show them what things cannot be touched. Child's responsibility--may be expected to be polite only if he is consistently instructed in the simple rules of behavior when calling. Obedience may be expected; in fact, the child prefers to obey sensible known rules. Silence when others are talking, keeping his seat, or begging pardon when he has to pass in front of others and thus disrupt talk, doing all things quietly. Mother's responsibility--frequently exposing children to social contacts. . . . Provide background of gracious social contacts; provide something familiar to take along or talk about; explain before going who people are, and what will be expected of them; don't let them get overtired or overstimulated; maintain same attitude to children as I do when alone; remain serene if they disgrace me; follow up experience by casual discussion at bedtime when children and I are en rapport. Note: From now on take children out calling once weekly, and have weekly guests in their presence."

Child

WHAT WE SAY AND HOW WE SAY IT. Marguerite Wilker Johnson. (Childhood Education, Journal of the Association for Childhood Education, April 1938, Vol. 15, No. 8, pp. 359-362.) It says specific directions are more effective than general ones. Simple direct commands are better than offering a choice. Hurrying a child confuses him. Positive requests are more effective than negative ones.

Food and
Nutrition

LET'S HAVE A PICNIC. (Country Gentleman, July 1938, Vol. 108, No. 7, pp. 39-40.) Tells how to prepare food for a family picnic which includes a real barbecue.

Several recipes are given.

Food and
Nutrition

SAUSAGE AND MEAT SPECIALTIES. Part 3, The Packer's Encyclopedia. (The National Provisioner, Chicago, Ill. 1938, pp. viii plus 315.) Discusses sausage plants, formulas, and regulations prevailing in control of sausage manufacture. Seasoning, binders, "cures," and casings are referred to. The recipes are for large quantities, using such amounts as 100 pounds of meat.

Food and
Nutrition

ADDITION OF VEGETABLE SOUP AND STRAINED VEGETABLES TO DIET OF ARTIFICIALLY FED INFANTS. M. W. Poole, M. D., et al. (American Journal of Diseases of Children, American Medical Association, Chicago, Ill. June 1938, Vol. 55, No. 6, pp. 1158-1175.) The authors say there is need for more definite scientific information on the age of babies when vegetables should be introduced into the diet. Also that the question as to whether the bigger and more rapidly growing baby is the ideal, needs to be given further study. They report results of research and say in closing: "Although modern pediatric practice emphasizes the early use of vegetables in the diet of the young child, there is need for more definite scientific information on the age at which they can be introduced into the diet most advantageously, the form in which they should be given, the mode in which they are utilized, and their actual influence on metabolism. In recent years there has been an urge to develop children up to or beyond a theoretical average or an erroneously called normal weight for age and height. Whether the bigger and more rapidly growing baby is the ideal is a question deserving the most intense scientific study. The goal to be striven for includes physical perfection and the greatest possible mental development for every child through adequate dietary measures and proper hygiene. . . . Supplementing the diet of 215 infants born at full term, 5 premature infants, and 8 twins, with commercially canned vegetable soup did not produce any digestive upsets or diarrhea that could be attributed to the vegetable feeding. The vegetable soup was incorporated in the formula from the time of the infant's first visit to the clinic. The transition to solid food was made easily by starting the feeding of cereals and vegetable purees at the fourth and at the fifth month. Owing to the adequacy of the basal diet, which consisted of evaporated milk, water, corn sirup, powdered lemon juice and cod-liver oil, the vegetable soup did not significantly influence the averages for growth in weight or the averages for growth in linear dimensions, such as total height, stem length, and length of the tibia and of its various parts. . . . There were no material differences in growth and dentition, as shown by group averages, whether home-prepared strained vegetables were added at the sixth month or commercially prepared, strained carrots and peas were added at the fifth month, although it has been demonstrated that the canned purees have more available minerals. . . . The early addition of vegetable soup and of strained vegetables did not prevent the onset of nutritional anemia in a small series of premature infants and twins."

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UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension
Washington, D. C.

No. 334

✓
October 5, 1938.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Social FIELDS OF WORK FOR WOMEN. Miriam Simons Leuck.
 (D. Appleton-Century Co., New York-London, 1938,
 pp. xx plus 425.) Intended primarily for girls and
women who have completed at least 2 years of high school work and are
viewing the occupational field for the first time, and for the young
woman now employed or her older sister who wants a chance to work.
Jobs in office, shop, and factory; a business of your own; teaching;
dramatics; fine arts; writing; food, clothing, and shelter; science;
law and public business; agriculture; and the various services such as
nursing, medicine, dentistry, the ministry, and social service are dis-
cussed. The qualifications required to succeed in these occupations
are pointed out, as well as hardships that must be met. The book also
tells something of choosing and getting a job, why women fail, in what
way education can help them succeed, the effects of health and physical
handicaps, and what a woman can do if she marries. Under the heading
"Food, Clothing, and Shelter" the occupations for which home economics
prepares a girl in 20 fields of work are discussed.

Social THE COMMUNITY AND NEIGHBORHOOD, THE PROCESS OF
 CHANGE FROM NEIGHBORHOOD TO REGIONAL ORGANIZATION
 AND ITS EFFECT ON RURAL LIFE. W. Russell Taylor.
(Social Forces. Vol. 16, May 1938, No. 4, pp. 530-542.) Topics are
the changing rural community, the consolidated school, the country
church, regional or district libraries, public-health services, social
welfare programs, and county planning and zoning. The summary says,
"The trends of social change in rural social organization are unmis-
takably away from the neighborhood toward the larger community and
regional units of organization, more particularly toward villages with
their trade areas, and toward the county as an administrative unit."
... "Farm people, by virtue of their primary attachment to the land
and the natural centering of their economic and social life on a rela-
tively small locality basis, need to preserve the neighborly advantages
inherent in their situation."

Food and Nutrition SPICES AND THEIR EFFECTS ON FLAVOR OF BREAD AND CAKE. F. W. Griffith. (American Society of Bakery Engineers, Bulletin No. 114, August 1938, p. 4.) In this discussion flavors such as cinnamon, caraway, ginger, and cardamon are described, and something of the character that they give to a product is mentioned. For example, cloves give a sharp, assertive flavor; ginger, one that is pleasant and stimulating; whereas, pepper used in the proper quantity lifts rye bread out of the ordinary class.

Food and Nutrition HOW YOLK COLOR "GETS THAT WAY." Victor Heiman. (Poultry Item. Vol. 40, August-September 1938, Nos. 1-11, pp. 14, 15 and 36.) Illustrated with a diagram showing the influence of various materials consumed by laying hens on the yolk color of the eggs they produce. A color chart shows the colors that egg yolks may have and the right kind of color. The article says in part, "We have found that a good egg for the consumer is also a good egg for hatching a strong, livable chick. Uniform yellow color within reasonable limits is not only possible but practical and profitable under good simplified management."

Food and Nutrition BLANCHING VEGETABLES FOR FREEZING PRESERVATION. M. A. Joslyn and G. L. Marsh. (Food Industries. Vol. 10, August 1938, No. 8, pp. 435-436.) The second part of this series deals with "Inactivation of the Enzymes in Vegetables." The editors add the following comment, "At the Conference on Food Preservation. . . in June 1938, it was stated by Dr. D. K. Tressler that storage temperatures of -40°F. are necessary if frozen vegetables are not properly blanched to inactivate the enzymes. Also that proper storage temperatures depend on the length of time in which the goods are to be held, and also on the adequacy of the blanching treatment. After 6 months in storage, the goods enter a very critical period where improperly processed goods will deteriorate very rapidly."

Foods and Nutrition OLD-TIME HERBS FOR NORTHERN GARDENS. Minnie Watson Kamm. (Little, Brown & Co., 1938, pp. xi plus 256, illus.) Covers condiments, medicines, perfume plants and those used for dyes and gives description and history of the uses of each plant. The author is careful to list as condiments only those herbs that are of practical use today: Onions, garden sorrel, mustard, water cress, horseradish, wall pepper, caraway, parsley, fennel, anise, chervil, coriander, lovage, dill, angelica, smallage, sage, savories, sweet marjoram, thyme, peppermint, spearmint, sweet basil, tarragon, saffron crocus.

Health CHEMISTRY AND MODERN INSECTICIDES USED IN PEST CONTROL. W. M. Hoskins. (Exterminators Log. Vol. 6, June 1938, No. 6, pp. 8-11.) Tells of problems of control of diseases that are brought in from other countries through modern transportation facilities such as fast ships and airplanes. The necessity for a strong international health organization is emphasized.

Health SOME DEBATABLE ISSUES IN HEALTH EDUCATION. J. B. Edmonson. (School and Society. Vol. 48, August 1938, No. 1234, pp. 221-225.) The author presents a number of debatable questions relative to the teaching of health in public schools and elsewhere. One is: "What are the health facts having scientific endorsement that should be presented to pupils and what health habits should pupils be helped to form or strengthen?" More facts are needed, he says, and he quotes Dr. Warren E. Forsythe: "Hygiene has been characterized as the most dubious subject in the school curriculum." This characterization has resulted in part from the nonscientific basis on which most health subject matter has rested. Much of the older personal hygiene was either wrong or unimportant. The list of health habits more recently accepted for universal promotion needs a frequent checkup to be always in step with research in human health and disease. Other questions asked in the article are: "How much knowledge of health matters should a classroom teacher be required to possess? To what extent must the schools avoid health instruction that conflicts with the teachings of religious groups? Should school officials or other governmental officials be given the legal authority to require pupils to secure needed dental or medical attention when the parents neglect or refuse to provide the necessary care? And lastly, How can the most effective coordination of the community's health services for school children be brought about?"

Health A NEW ESTIMATE OF SLEEP QUALITY. Norman D. Mattison. (Medical Record. Vol. 148, August 17, 1938, No. 4, pp. 133-134.) The author says that any description of perfect and positive health is literary in character because too little is known about what constitutes perfect and positive health. He also contends that poorly informed devotees of some one idea have rushed in where qualified medical men have refused to tread and have become practically the sole present-day prophets of health - plus. In this connection he points out why so little has been done about improving quality of sleep, tells some means by which quality may be determined, and describes the physical make-up of man that makes it difficult for him to relax completely even in sleep. He proposes that some evaluation be made of the criteria of sleep; that is, the establishment of what he calls an "S.Q.," which might enable the medical profession to judge by scientific standards whether a type of sleeper environment is best adapted to an individual's needs. When this is done individual requirements as to beds could be determined.

- Clothing and
Textiles HOSIERY AND KNIT GOODS. (The Wool Record and Textile World. Vol. 54, August 4, 1938, No. 1525, p. 242 plus 10. In discussing knit goods the correspondent who wrote this article says that machine stitching leaves the garments in a rather unfinished condition that is objected to by many buyers. The result is that makers are now training workers to pay more attention to the finish of seams, particularly at the shoulders of the garment where several lines of stitching converge and cannot be covered by the machine. In these instances hand finishing is resorted to.
- Clothing and
Textiles SHOES FOR GROWING FEET. Ethel Owen Adair. (Hygeia. Vol. 16, July 1938, No. 7, pp. 585.) Advocates suitable shoes for children. Says in part: "The approved method of fitting is simple. Stand the child on a piece of paper, and trace around his foot. Take the cut-out pattern to the shop. Select shoes that are 1 inch longer and 1/2 inch wider. The shoes may seem too large at first, but experienced mothers know that children usually outgrow instead of outwear their shoes."
- Clothing and
Textiles HOW THE FASHION WORLD WORKS. Addresses given at The Fashion Group's Training Courses by Fashion and Merchandising Experts. Edited by Margaretta Stevenson. (Harper & Bros., New York-London, 1938, pp. xii plus 207.) Chapters are: Fashion Sources, The Designer and Colorist, The Stylist, Merchandising of Fashion, Advertising and Display, Publicity and Public Relations, Magazines and Newspapers, and Summing Up Fashion Jobs. Besides showing how "the fashion world" works in providing clothing for the consumers, this book gives a picture of the various kinds of jobs available to girls in the field of designing, styling, and merchandising of clothing.
- Clothing and
Textiles WHEN A WOMAN BUYS A COAT--GOVERNMENT TELLS CONSUMER (WHO WANTS TO KNOW) WHAT TO LOOK FOR WHEN SHOPPING FOR CLOTH GARMENTS. (Women's Wear Daily. Vol. 57, August 2, 1938, No. 22, pp. 28.) A summary of the contents of the U. S. Department of Agriculture booklet, "When a Woman Buys a Coat." It may be purchased for 10 cents from the Superintendent of Documents, Washington, D. C. Not for free distribution.
- Clothing and
Textiles COCOON SILK. C. H. C. Cansdale. (Sir Isaac Pitman & Sons, Ltd., London, 1937, pp. x plus 230.) A comprehensive discussion of silk and the silk industry is given in this book.

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension
Washington, D. C.

OCT 13 1938

No. 335

October 12, 1938.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Equipment

PERIOD INFLUENCES IN INTERIOR DECORATION. Walter Rendell Storey. (Harper & Bros., New York and London, 1937, pp. 14 plus 211.) Chapter headings: Early Colonial Days; Georgian Vogues; French Fashions; Mediterranean Influences; American Interpretations; and Today's Interiors. Illustrations show modern uses of period furniture.

Equipment

SELLING HOME FURNISHINGS SUCCESSFULLY. Samuel W. Reyburn. (Prentice-Hall, Inc., New York, 1938, pp. 17 plus 284.) This book, written for the salesman, contains much information of interest to consumers, and is based on a comparison of consumer problems and ideas as brought to the attention of merchants in eight stores. It gives essential principles of home furnishing and decorating, and tells how the salesman can help customers in making their homes comfortable and attractive. Some chapter headings: Home-Furnishing Principles, Color in Home Furnishing, Planning the Color Scheme, Line, Form, and Texture; Early Period Influences; French Periods, English Periods, American Periods; and Contemporary Style in Furniture.

Equipment

ATTIC FANS FOR HOME COOLING. Contractors and Home Modernizers Will Be Important Factors in Popularizing Inexpensive Home Cooling Equipment. Lyman M. Forbes. (American Builder and Building Age, Vol. 60, July 1938, No. 7, pp. 32-36.) Diagrams and illustrations show where and how fans and other cooling devices may be installed in private dwellings. The article describes how devices are constructed and operated. It says that the attic fan has much the same kind of cooling effect, on a stuffy night, as an automobile ride.

Food and Nutrition
FOOD BUYING TODAY. Alexander Todoroff. (The Grocery Trade Publishing House, Chicago, 1934, p. 96.) First published several years ago; now revised and enlarged. Defines numerous foods.

Food and Nutrition
THE PRIVATE LIFE OF A GOOD EGG. G. O. Hall. (Poultry Item, Vol. 40, August-September 1938, Nos. 10-11, pp. 16, 34-36.) Gives the story of the development of an egg and of its depreciation after it has been laid. Has four colored pictures of eggs of different degrees of freshness.

Food and Nutrition
AS IT SEEMS TO US....NET GAIN? (The Nation's Agriculture, Vol. 13, September 1938, No. 9, p. 16.) A brief item presenting the opinion that a glass of milk or a glass of orange juice, in addition to the regular diet could be consumed by every individual without reducing the consumption of any other food. It closes by saying, "In fact, many will say that individual appetites will be increased by the orange juice and milk."

Food and Nutrition
CANNING FOODS AND THE CANNING INDUSTRY. F. Huntly Woodcock and W. R. Lewis. (Sir Isaac Pitman & Sons, Ltd., London, 1938, pp. 10 plus 119.) Written by a British author, the book describes in detail the source of supply and preparation of foods such as canned meats, fish, fruits, vegetables, and milk. Gives the history of canning and describes the various canning processes and quality standards.

Food and Nutrition
MAN, BREAD, AND DESTINY. C. C. Furnas and S. M. Furnas. (Science Digest, Vol. 4, September 1938, No. 3, pp. 1-6.) A condensed summary of the book published by Reynal & Hitchcock, New York, 1937, under the same name, by these authors. Discusses the diet of primitive people and food essentials necessary for life, the quantity of food needed for various people, food fads, the average diet used by men. The summary closes by saying, "The average American probably gets enough to eat as measured in calories, though millions are short even on that score, but the most serious deficit is in certain essential foodstuffs. We are not as cerealized as some other parts of the world, but we do eat too many cereal products for our own good; because they are cheap, we buy them in place of more valuable things. We eat enough if not too much lean meat and many times too much white sugar."

Personal

AS OTHERS LIKE YOU. Margaret B. Stephenson, and Ruth L. Millet. (McKnight & McKnight, Bloomington, Ill., 1936, pp. 40.) A little book on etiquette, which points out ways of living comfortably with other people. Some chapter headings: Meeting People; Pen in Hand; Accepting with Pleasure; When Mealtime Comes; Dating; Dancing; Invited Out; In the Public Eye; Going Places; Staying Awhile; As Others See You; Among the Greeks; and, Being a Person.

Personal

CHARM AND PERSONALITY. Marianne Meade. (The World Syndicate Publishing Co., 1938, Cleveland and New York, pp. 339.) Contents: What Constitutes Charm and Personality, Foundations for Beauty and Health, The Care of the Body, Make-up and Cosmetics, Charm and Grace, Clothes as an Aid to Personality, Introductions and Greetings, Conduct in Public Places, Manners in the Home, Table Manners, Formal and Informal Entertaining, Etiquette for Young People, Etiquette in Business Life, Conversational Charm, and Developing a Winning Personality. Many topics discussed in this book cover questions not brought up in many other books on etiquette, but which are suggestive; such as the meeting of business callers, personal relations with other employees and the employer, manners in the home respecting privacy, courtesy at the table.

Personal

THE FATE OF THE FAMILY IN THE MODERN WORLD. Arthur E. Holt. (Willetts, Clark & Co., Chicago-New York, 1936, pp. 10 plus 192.) Discusses types of families, the menace of individualism, improving the democratic family, and the church and the family.

Of individualism the author says: "Urban life does not socialize; it tends to individualize. . . . City men have managed to reward themselves liberally for the services which they perform. . . . The areas of family disorganization are not those in which people are accustomed to make great decisions. They are, rather, those in which people live trivial rather than great lives. In Chicago, for instance, the areas of highest divorce rate are those where people are failing to keep up their relationship to a vast number of organizations. They are areas where the churches, neighborhood, and even business are disintegrating. . . . As our own type of family life came with the democratic movement, it will share the fate of this movement in the future, and whatever modifications take place in the movement will probably be registered also in the family. The democratic family, as I have said, stands over against two other types of family--the larger patriarchal family of the Orient and the marriage of convention in Europe.

The book tells how the democratic family differs from the others; as, the fact that married couples accept the task of self-support, which is something unknown in Oriental countries, and that they must be sufficient for each other's company.

Health

A MODERN PHILOSOPHY OF PHYSICAL EDUCATION. Agnes R. Wayman. (W. B. Saunders Co., Philadelphia and London, 1938, pp. 231.) Dwells most on the philosophy, principles, standards, and policies to be applied to health education. Aims to suggest a point of view and philosophy, and advocates principles that will enable the teacher to apply and use intelligently material already available on physical education and to change such material to meet our changing social and educational philosophy. In other words, this book is intended for the teacher or leader of health education, rather than for the pupil.

Health

CAMPS AND CAMPING. SOME PHILOSOPHICAL ASPECTS OF CAMPING. Jay B. Nash. (Child Study, Vol. 15, April 1938, No. 7, pp. 206-209.) A compilation of comments on camps by various writers. Jay B. Nash discusses "Some Philosophical Aspects of Camping." Ralph Hill discusses "What Kind of Camp?" and divides camps into three classifications (1) the old, well-established, and conservative camp; (2) the camp at which the needs of individual children are considered, and their activities worked out through conferences of campers and counselors; and (3) the center type of camp, which partakes in varying degrees of the features of the other two types. James L. Hymes, Jr. writes of "Camp Counselors: Their Training and Choice," and Regina McGarrigle, "The Parents' Part in Camping."

Health

THE HUMAN REQUIREMENT OF VITAMIN D. P. C. Jeans and Genevieve Stearns. (The Journal of the American Medical Association, Vol. 3, August 20, 1938, No. 8, pp. 703-711.) A part of a series on the present status of our knowledge of the vitamins. It was prepared under the general auspices of the Council of Pharmacy and Chemistry and the Council on Foods. Discusses the vitamin-D requirement during infancy for infants fed with cow's milk and with human milk and says the requirement of breast-fed infants for vitamin D is in general less than that of babies fed cow's milk. It then takes up the requirement during childhood, placing stress on problems of dental caries, and calcium and phosphorus retention; adolescence; and requirements of adults. It says regarding adolescence that there is a need for vitamin D, but insufficient data are available to permit an estimate of the quantity required; 300 to 400 units a day are probably satisfactory. For adults, the optimum amount of vitamin D, if a need exists, remains to be determined. In the summary it says: "Individual variation in ability to utilize the calcium and phosphorus of the diet without added vitamin D exists at all age periods. A high proportion of infants have poor retention, and only a very few retain an ample amount without vitamin D. As the age increases, persons in increased proportion are able to retain adequate amounts of these minerals without vitamin D, but at all age periods some persons are found who are not efficient."

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OCT 21 1938

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension
Washington, D. C.

No. 336

October 19, 1938.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Health NEW FEET FOR OLD. John Martin Hiss. (Doubleday, Doran & Co., Inc., Garden City, N. Y., 1933, pp. 22 plus 140.) The author says that three people out of five in the United States suffer from some form of foot trouble and 30 percent win under the stress of those twin abominations - bunion and broken arch. This book is on these two subjects. It defines the bunion as a dislocation, and says the treatment for it should be resetting the bones of the large toe. The book explains how people come to have foot troubles and how a proper balance of weight on feet helps to prevent them.

Health THE DETERMINATION AND SOURCES OF VITAMIN D. E. M. Nelson. (The Journal of the American Medical Association, Vol. 111, August 6, 1938, No. 6, pp. 528-530.) Another of the series of articles on our present knowledge of vitamins. It takes up "Food Sources of Vitamin D," "Pharmaceutical Preparations," and a summary of findings to date. The author says that within the past few years the manner of expressing vitamin D potency has become standardized. He also says: "Most foods appear to be devoid of demonstrable quantities of vitamin D. Fish that contain much body oil, such as salmon, sardines, and herring, are the richest natural sources, eggs are next in importance, and milk-fat and meat products contain some vitamin D. Vitamin D milk is now being used extensively as a dependable dietary source of vitamin D."

Health BODILY CHANGES IN ADOLESCENCE: I. Howard V. Meredith. (Hygeia, Vol. 16, September 1938, No. 9, pp. 832-834.) Begins a series of articles on bodily changes in adolescence. A diagram shows the conformation of a child of 1, 2, 4, 6, 9, 12, and 15 years. In a dialog between parent and consultant, the article tells of certain characteristics and problems to be met in different ages of the child. The article is to be concluded in the next issue.

NEW HORIZONS FOR THE FAMILY. Una Bernard Said. (The
Personal MacMillan Co., New York, 1938, pp. 13 plus 772.) A discus-
sion of the family which includes in its historical back-
ground prehistoric and modern, religious, and educational influences, the
effect of the home and of the various welfare and social agencies on families
and children. Home life is discussed under the headings of "housekeeping"
and "homemaking" and the "aspects of family education."

THE EMOTIONS. THEIR NATURE AND INFLUENCE UPON HUMAN CONDUCT.
Personal Robert Paris Carroll. (The Daylton Co., Washington, D. C.,
1937, p. 208.) A book giving many references to authorities,
written in a simple style and easily read by laymen. It classifies the
various emotions, tells the effect they have on bodily conditions and the
relation between them and the endocrine glands. It also takes up the effect
of emotions on learning, on mental conditions, and the causes of emotional
disturbances. It refers to various experiments like the one that follows,
which was made to determine the comparative effect of praising, scolding,
and ignoring. In this instance it was found that pupils who were ignored
did the poorest work. In the case of adults, to ignore one's contributions,
ability, or position in an organization may quickly produce serious con-
sequences. If it is possible to do so, the aggrieved one may retaliate.
If it is not possible he may become "down-hearted," and gradually grow
less and less valuable to the organization. Reactions to other kinds of
treatment are pointed out in many parts of the book.

PSYCHOLOGY IN EVERYDAY LIFE. Walter C. Varnum. (McGraw-
Personal Hill Book Co., Inc., New York and London, 1938, pp. 12 plus
444.) A textbook for nonprofessional students of psychology.
The author says it includes condensed and simple statements of such facts
as are most widely used and accepted on the subject. Emphasis is on the
practical phase of psychology. Chapters: Psychology at Work, the Bio-
logical Basis of Action, The Basic Mechanisms of Action, The Nature and
Measurement of Intelligence, Human Engineering, The Psychology of Learning,
How to Study Effectively, Learning to Use Symbols, Motivation, and Adjust-
ment, The Use and Abuse of Emotions, How to Improve Your Personality, Life
Planning, Contacting Our World, Understanding Our World, Salesmanship, and
Consumer Education.

MANNERS OF THE MOMENT. Jean Lyon. (Thomas Y. Crowell Co.,
Personal New York, 1938, pp. 151.) Written in entertaining style
for young people. Chapters: May I Present?, At Table,
A Man at the Door, Your Wedding Is Your Own Affair, Private Lives, Dropping
In, Tea and Cocktails, Around Town After Dark, The Upkeep, Shopping, Orchids
in the Office, Where's the Phone?, For Week-Enders, Going Places, Other
People's Children, and Post Mortems.

LIVING ON A MODERATE INCOME. Emily H. Huntington and Mary Management Gorringer Luck. (The University of California Press, Berkeley, 1937, pp. 14 plus 206.) Two reports of the Institute of Pacific Relations on standards of living in the Pacific area. In part one comparisons are made of the living standards of streetcar men's families; in part two, of clerks' families.

MAIDCRAFT. A guide for the one-maid household. Lita Price Management and Harriet Bonnet. (The Bobbs-Merrill Co., Indianapolis, New York, 1937, pp. 13 plus 216.) Designed to be helpful to both employer and employee in the household. Gives detailed instructions on how to perform many services including receiving phone calls, deliveries, and visitors; things to do in the kitchen and in keeping the house in order; the periodic jobs that need to be taken care of, such as the extermination of pests, packing away of equipment, how to do the laundry, the care of children, and the service of meals for every day and on party occasions.

CONSUMPTION IN OUR SOCIETY. Elizabeth Ellis Hoyt. (McGraw- Management Hill Book Co., Inc., New York and London, 1938, pp. 9 plus 420.) In four parts; deals with consumption and choice, consumption and the exchange system, consumption and its measurement, and maximizing of satisfactions. Intended as a textbook on the college level, but may also be used for reference. In the preface the author says the more we study choice making, the more we see that much of what we first consider the original choices is really the reaction of our social group on us and that insofar as our choices are cultural products, they can be properly directed not to restrict but to enlarge and to increase our individualities.

THE WOMEN IN THE HOUSE. Stories of Household Employment. Management Ruth Sergel, Ed. (The Womans Press, New York, N. Y., 1938, pp. 149.) The result of a study of household employment made by a committee of the Chicago Y. W. C. A. The subject is presented by the so-called case method and enters into the field of sociology as related to household-employment relationships. The foreword by the chairman says, "These case histories have been arranged rather loosely under type subjects, and only those data have been included which seemed pertinent to the question involved." These short histories are real ones, and some of them have been subjects of deep discussion by both employer and employee, and the results of these discussions have frequently been a surprising agreement on the ethics or common sense, or both, underlying the situations described.

Foods and Nutrition VITAMIN B₁. METHODS OF ASSAY AND FOOD SOURCES. Hazel E. Munsell. (The Journal of the American Medical Association, Vol. 111, September 3, 1938, No. 10, pp. 927-934.) Part of a series on our present knowledge of vitamins. The author discusses biological methods used in testing vitamin B₁ on pigeons and with rats, the quantitative interpretation of results obtained by these methods, and food sources of this vitamin. Under this last heading she says vitamin B₁ has been shown to be present in a wide variety of foods, but few of plant or animal origin may be considered potent sources of this factor, so that it is permissible to claim that the ordinary diet may easily contain adequate supplies of vitamin B₁, but that there is almost equal opportunity for it to be low in this factor. She then explains that this is due to our methods of refining cereal products and the way vegetables are cooked, with little regard for the loss of the vitamin. Also, because of the high cost of food, some people eliminate fruits, meat, milk, and eggs, which are good sources of vitamin B₁; and in these cases they may suffer from a deficiency of this vitamin.

Foods and Nutrition THE INFLUENCE OF DIET ON THE NITROGEN BALANCES OF PRE-SCHOOL CHILDREN. Jean E. Hawks, Merle M. Bray, and Marie Dye. (The Journal of Nutrition, Vol. 15, February 10, 1938, No. 2, pp. 125-143.) The authors say that although there has been much discussion concerning the value of high and low protein diets we do not know all we should about the protein needs of preschool children, that experimental evidence suggests that children might develop faster and be physically stronger if they had a higher rather than a lower protein diet. A study was made to determine further the advantages or disadvantages of increasing the protein in the children's diet. The study reports that during the high protein diet all the children in this group gained at a higher rate than they had gained in the medium protein diet. It did not seem to increase the percentage stored in the body. Apparently more work needs to be done on this subject.

Social PRIMITIVE AND PIONEER SPORTS. Bernard S. Mason. (A. S. Barnes & Co., New York, 1937, pp. 10 plus 342.) Discusses pulleys, ropes and whips, blowguns, tomahawk throwing, and logrolling - all of which are sports for boys in the open rather than for girls.

Foods and Nutrition DO YOU KNOW YOUR ONIONS? Harriet Morgan Flyer. (Hygeia, Vol. 16, July 1938, No. 7, pp. 639-641.) Commends the onion as an inexpensive and palatable food, which furnishes vitamins C, B, and G, and some minerals.

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension
Washington, D. C.

No. 337

V
October 26, 1938.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Textiles and Clothing STUDY GUIDE TO PROBLEMS OF FABRICS AND DRESS. Lucy Rathbone and Elizabeth Tarpley. (Houghton-Mifflin Co., Boston, 1937, pp. 139.) A laboratory manual or textbook for the study of fabrics and dress. Includes instruction on personal grooming, clothing expenditures, the selection of underwear and sleeping garments, shoes and hose, the selection of bedding and rugs, table and other household linens. The subject is presented in the form of problems.

Textiles and Clothing COSTUMING THE AMATEUR SHOW. A handbook for amateur producers. Dorothy Lynne Saunders. (Samuel French, New York, 1937, pp. x + 216.) For the nonprofessional producers of plays, pageants, dance revues, vaudeville programs, etc. Designed to meet the needs of both those who are producing a show for the first time and those who have produced before but have encountered either technical or financial difficulties in costuming. Diagrams are given for making many types of costumes and their accessories.

Textiles and Clothing IS THERE A "PERFECT SIZE 36"? (Consumers' Digest, vol. 4, September 1938, No. 3, pp. 47-51.) Says that within the boundaries of proper designation there is no perfect size 36. Some sizes run small, and some run large. According to measurements made on 50 dresses (size 36), size-36 dress may vary in bust from 36 to 45 inches, the back from $13\frac{1}{2}$ to 15 inches, the armhole from 16 to 19 inches, the neck from $13\frac{1}{2}$ to $15\frac{1}{2}$ inches, the waist from 29 to 31 inches, the hip from 37 to 42 inches. In larger sizes the variations found were even greater. The article says that perhaps in time the Bureau of Home Economics will undertake to obtain data on standards for size in garments for adults, similar to the data being compiled for children. The article also says that if the dress you buy does not fit, return it promptly. Also get your local women's club to study the problems of sizes and how manufacturers may be made to understand that size 18 or size 36, should stand for certain definite measurements and proportions.

Management GUINEA PIGS AND BUGBEARS. G. L. Eskew. (Research Press, Chicago, 1938, pp. 269.) A book written by the opposition to such organizations as the Consumers' Research and Consumers' Digest. It takes up questions of cosmetics, food poisoning, advertising of foods, and how the Government protects us.

Management WHAT DOES THE FARM WIFE SPEND FOR CLOTHES? (Wisconsin Agriculturist and Farmer, vol. 65, August 27, 1938, No. 18, p. 14.) In this letter the writer gives her own records of total costs of clothing for her family during the years from 1932 through 1937. 1932--\$30.16 (For daddy, mother, and one little boy). 1933--\$23.66 (For daddy, mother, and two little boys). 1934--\$29.83 (For daddy, mother, and two little boys). 1935--\$48.44 (For daddy, mother, and three little boys). 1936--\$58.47 (For daddy, mother, and three little boys). 1937--\$69.23 (For dayys, mother, and four little boys).

Management CONSTRUCTIVE RURAL FARM POPULATION POLICIES. Carl C. Taylor and Conrad Taeuber. (The Milbank Memorial Fund Quarterly, vol. 16, July 1938, No. 5, pp. 233-252.) The authors describe farm incomes, unplanned tendencies toward population adjustments, and planned programs of adjustment. Some programs are suggested: 1. The promotion of balanced or 'live-at-home' farming, i. e., the maximum expansion of home-produced home-consumable products. 2. The encouragement of combined farm and industrial enterprises. 3. The intelligent guidance of the relocation, into both farming and industrial opportunities, of those who in the future, as in the past, will each year, in great numbers, move to new locations.

Foods and Nutrition A COOK BOOK FOR NURSES. Sarah C. Hill. (M. Barrows & Co., New York, 1937, pp. 74.) Recipes for the preparation of food for one person, and planned to fit the needs of invalids requiring special diets, such as soft diets, convalescent diets, liquid diets. Directions are also given for serving foods.

Management KNOW YOUR COAL. Consumers' Counsel. (Consumers' Counsel of the National Bituminous Coal Commission, Washington, D. C., - Consumer Ideas No. 3, 1938, pp. 11.) Suggests a simple method of classifying coal uniformly throughout the United States. No two lumps of coal are exactly alike. They vary widely in their chemical content and in their ability to heat our homes. Ofttimes price does not offer a good indication of heating value. The bulletin suggests a way in which coal might be labeled to help the consumer in making a choice. It explains that some coal does not store so well as other kinds, and that some coal produces much more ash per ton than others, which means that when using poorer coal one has more ashes to carry out. It also discusses volatility, moisture, temperature needed to soften ash, and sulphur, in coal.

Education VISUALIZING THE CURRICULUM. Charles F. Hoban, Charles F. Hoban, Jr., and Samuel B. Zisman. (The Cordon Co., New York, 1937, pp. vii + 300.) Chapter headings: Why Visual Aids in Teaching, The School Journey, Objects and Models--The School Museum, The Motion Picture, Arresting Life With the Camera--The Still Picture, Graphic Materials, Integrating Materials of Instruction, Administering a Visual Aids Program, and Architectural Consideration.

Education MIGRATION OF RURAL HIGH-SCHOOL GRADUATES. Bruce L. Melvin and Grace E. Olin. (The School Review, vol. 46, April 1938, No. 4, pp. 276-287.) A summary of data, gathered during the summer of 1936 in 45 agricultural villages, that shows how youth has been concentrating in rural communities since 1930. This is the accumulative effect of the depression years and is more apparent among the open-country youths than among village youths; also in the South and Middle West rather than in other regions of the United States. The results of the study seem to show that more young people have migrated from villages than from the open country. Moreover, for those who make their adjustments by migrating, the period between graduation and adjustment probably has been lengthened. The authors add: "Regardless of school attainment, however, the solution of the problem of these youth 'on the land' and in agricultural villages lies in directed migration, rural community organization to stimulate the youth group to face their own problems and to help themselves, and expansion of vocational education and training."

Education THE RURAL COMMUNITY AND ITS SCHOOLS. Charles D. Lewis. (American Book Co., New York City, 1937, pp. XVI and 412.) In discussing problems of educating rural children and adults the book takes up life on the farm and in villages, and the current situation in rural America, the future of the farm home, and the possibility of farm homes becoming concentrated in small villages.

Education AMERICAN AGRICULTURAL PROBLEMS IN THE SOCIAL STUDIES. Kenneth E. Oberholtzer, Ph. D. (Bureau of Publications, Teachers College, Columbia University, New York City, 1937, pp. V + 119.) A chapter that is suggestive to all workers in the field of education is that on "The Procedure Used in Solving the Problem." Another is "Interpretations and Uses of the Materials."

Equipment DOMESTIC UTILIZATION OF GAS, Part II. Normal S. Smith, and R. N. LeFevre. (Walter King, Ltd, London, 1936, pp. vii + 136.) By an English author. Many of the statements in the book are influenced by British conditions. It does explain, however, gas refrigeration, the measurement of gas, and heating of water by gas.

Equipment SLEEP AND HOW! House and Garden, vol. 74, September 1938, No. 3, pp. 43, 58, 60, 61.) Tells how to choose mattresses and pillows, insulate rooms, and otherwise subdue noises in order to promote sleep. It tells of many unusual shapes for pillows, and types of bedding that may be used.

Equipment DECORATING LIVABLE HOMES. Elizabeth Burris-Meyer. (New York: Prentice-Hall, Inc., 1937, pp. ix + 469, illus.) Contents: Planning Room Arrangement; Structural Finishes; Applied Finishes; Permanent Floor Coverings; Decorative Floor Coverings; Fabrics; Furniture; Accessories; Light; Color and the Room; Coordinative Color; Air Conditioning; Traditional Decoration and the Modern Home; Victorian, Regency, Biedermeier; American and English Decoration; Spanish and Italian Renaissance; French Decoration; Antique.

Equipment OPERATE YOUR FURNACE ECONOMICALLY. (Consumers' Digest, vol. 4, October 1938, No. 4, pp. 24-31.) Discusses the heating plant, the chimney; pipe covering; dampers; the house; humidity and temperature; methods of firing fuels, such as anthracite coal, bituminous coal, and coke; and the relative values of anthracite and bituminous coal, and coke.

Equipment HOUSEHOLD ELECTRIC REFRIGERATION. Wostrel and Praetz. (McGraw-Hill Book Co., Inc., New York, 1938, pp. viii + 406, illus.) A technical book which contains these chapter headings: Simple Explanation of Refrigeration Theory, Compression Systems for Household Refrigeration Units, Absorption Systems for Household Refrigeration Units, Control Devices, Equipment for Installation, Service, and Testing, Installation Instructions for Compression Types of Refrigeration Machines, Installation Instructions for Absorption Type, Service Operations and Adjustments, Service Complaints--Diagnosis and Remedy, Motors, Food Preservation, Heat Transfer, and Insulation.

Equipment FURNITURE OF YESTERDAY AND TODAY. Earl Harmes. (The Bruce Publishing Co., New York, 1937, pp. 63, illus.) Gives instructions and contains designs and specifications for reproducing old types of furniture.

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UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension
Washington, D. C.

NOV 1 - 1938

No. 338

✓ November 2, 1938.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Management HEALTH HAZARDS IN THE DRY CLEANING INDUSTRY. A preliminary report of a survey of dry cleaning establishments in the Detroit metropolitan area. William H. Cary, Jr., and John M. Hepler. (American Journal of Public Health and the Nation's Health, vol. 28, September 1938, No. 9, pp. 1029-1041.) Takes up trade practices, qualities desired in a solvent, chemistry of solvents in common use, spotting agents, mothproofing, ingredients of mothproofing preparations, retexturing, reclamation of solvents, home dry cleaning, soaps and detergents, legislation regulating the use of dry-cleaning materials, toxicity, and clinical manifestations.

Management WHO GETS YOUR FOOD DOLLAR? Hector Lazo and M. H. Bletz. (Harper & Brothers, New York and London, 1938, pp. xv + 129.) Contents: Open Letter to Mrs. American Housewife, Average Weekly Food Bill - \$12.50, Your Dairy Dollar, Your Bread and Cereal Dollar, Your Meat Dollar, Your Canned Food Dollar, Your Fruit and Vegetable Dollar, Miscellaneous Food Products, and Bought and Paid For--Who Gets Your Dollar? Contains a bibliography. This book tells who gets your weekly dairy money, how your dollar is divided among producers and marketers of cereals, meat, canned foods, fruit, and vegetables and other products.

Management 99 NEW WAYS FOR WOMEN TO MAKE MONEY AT HOME. Elita Wilson. (Hillman-Curl, Inc., New York, 1937, pp. 122.) The jobs suggested include: The making of art novelties; boosting neighborhood sales; canning and preserving; care of summer cottages; cleaning and pressing; making clothes for stout women; collecting bills; farm women's markets; making feather pillows; a little old lady shop - a shop where clothes are made for the very elderly woman who cannot get clothes to fit her; milk goats; night nursery; raising geese; renovating bedding; preparing sickroom supplies; making slip covers; and a vacation home for girls.

ARCHITECTURE AND MODERN LIFE. Baker Brownell and Frank
Housing Lloyd Wright. (Harper & Bros., New York and London,
1937, pp. 339, illus.) Contents: Architecture and
Social Life, Some Aspects of the Past and Present of Architecture, Ex-
pression and the Modern World, Some Aspects of the Future of Architec-
ture, Society and the Future of Expression, A Balanced Society, Broad-
acre City - A Dialog on the Nature of Structure in Architecture and in
the Integral Life. This book dwells considerably on artistic effects
in house construction.

STANDARD PLUMBING DETAILS. For Architects, Engineers,
Equipment Contractors, Plumbers and Students. Louis J. Day.
(John Wiley & Sons, Inc., New York, 1938, pp. 120, illus.)
A book of drawings showing standard sizes and plans for installation of
plumbing fixtures. Divided into four parts: Plumbing Fixtures, Plumb-
ing Equipment, Plumbing Systems, and Plumbing Lay-outs.

SIMPLIFIED MECHANICS FOR GIRLS. Edith Louise Allen.
Equipment (The Manual Arts Press, Peoria, Ill., 1938, pp. 107,
paper binding.) Intended for secondary schools. In the
introduction, points to consider in the selection of equipment are dis-
cussed. The book covers equipment - such as the lever, gears, belts,
and wedge - used in securing a mechanical advantage; equipment used in
heating; in lighting; in water use and disposal; and in cooling. For
each of these groups of equipment there is an outline for operating the
devices of a similar kind and instruction for handling the equipment
properly.

AIR CONDITIONING--INSULATION. J. Ralph Dalzell and
Equipment James McKinney. (American Technical Society, Chicago,
Ill., 1937, pp. 301, illus.) A textbook for teaching
the "principles and application of insulation in all its most common
forms and uses, as a means of (1) retarding heat losses and gains
through structural parts of buildings; (2) preventing loss by fire;
(3) controlling sound; (4) preventing vibration; (5) protecting build-
ings against termites; (6) protecting all mechanical parts against heat
losses and freezing; and (7) preventing condensation." The authors say
that they assume the reader is familiar with simple mathematics, archi-
tectural details, design of ducts, and principles of general heating
and air-conditioning. Contains considerable information which might
be a helpful reference for one installing insulation. The book also
contains much technical material.

REPORT OF THE DEPARTMENT OF EXTENSION SERVICE IN THE
Extension AMERICAN HOME ECONOMICS ASSOCIATION. Mildred Horton.
(Bulletin of the American Home Economics Association,
Series 21, September 1938, No. 1, pp. 51-52.) "Realizing the value of
and trend toward the 'Family as a Unit' as an approach in program plan-
ning and development in the extension service, the department included
in its 1937-38 set-up a committee to continue a study of this subject.
Rural housing with specific plans for developing standards for farm
families on the four income levels--minimum, moderate, adequate, and
liberal--was the subject of work by another committee . . ."

The following program was presented by Miss Hogan of Arkansas
and adopted by the Department: "1. That the work of the Extension Study
Committee be continued and work closely with the Division of Extension
Studies and Teaching, U. S. Department of Agriculture. 2. That a com-
mittee be appointed to work out suggestions for securing the well-informed
interest of the public in all home-demonstration activities. 3. That a
committee be appointed to study progress of inclusion of studies such as
taxation, government (local, State and Federal), and other social and
economic problems in the home-demonstration programs. 4. That a committee
be appointed to study methods adopted in different States for developing
and using leaders in home-demonstration programs, which will result in
reaching and aiding a larger number of people. 5. That the committee
working on the 'Family as a Unit' be continued. Newly elected officers
are: Chairman-elect, Mrs. Esther Kramer, 524 Post Office Building,
Little Rock, Ark.; Secretary, Christine Nesbitt, Grant, Nebr."

A TEN-YEAR RECREATION PROGRAM. Weaver W. Pangburn,
Extension (Rural America, vol. XVI, No. 5, May 1938, pp. 3-4.) In
this review on the 10-year Recreation Program, the author
says of the assistance given to it by the Extension Service, "The Texas
report says that recreation has added interest in club work, increased
enrollment and helped to smooth out friction, and that 'it removed the
self-consciousness and developed the personality of those participating.'"
The Bastrop County agent reported, "An increased respect for noncom-
mercial forms of recreation, music appreciation, and a better choice
of community drama and through this a better literary taste are results
of recreation work given in northeast Texas." He also says, "Many
reports state that the growth of 4-H Clubs and the enrichment of their
activities have been stimulated as a result of the training in recrea-
tional methods.'"

A WOMAN'S ESTIMATE OF SUCCESSFUL AGRICULTURE. Jane S.
Extension McKimmon. (Agricultural Leaders' Digest, vol. 19,
September 1938, No. 6, pp. 31.) The author quotes Dr.
Liberty Hyde Bailey as saying that success in agriculture is to "Make
a comfortable living from the land, rear a family carefully and well,
be of good service to the community, and leave the farm in better con-
dition."

Food and TABLES OF THE VITAMIN CONTENT OF HUMAN AND ANIMAL FOODS.
Nutrition Margaret A. Boas Fixsen and Margaret Honora Roscoe.
 (Nutrition Abstracts and Reviews, vol. 7, April 1938,
No. 4, pp. 823-867.) This article, with a preliminary discussion of
the vitamin content of human and animal foods, is made up of 35 pages
of tables showing the vitamin potency of various foods. Contains a
bibliography of 257 titles.

Food and RECENT DEVELOPMENTS IN MEAT COOKERY RESEARCH. Alice M.
Nutrition Child. (Journal of the American Dietetic Association,
 vol. 14, October 1938, No. 8, pp. 623-628.) Eight
practical applications discussed from recent meat cookery research are
given. One of these is: "We have found that meat, roasted uncovered,
has a better flavor and appearance than when covered. Also, meat roasted
uncovered shrinks less than when it is covered during roasting, and
another advantage is that the meat will be more juicy. Until recently,
it was thought that veal should be covered, but now we know that even
veal does not need to be covered . . . Water or no water? Roasts with
no water were more juicy and better flavored. Never add water to tender
cuts." It also says, "There was practically no difference in the flavor
of the roasts thawed at these three temperatures, nor in the flavor of
the thawed as compared with the unfrozen meat."

Food and A STUDY OF THE WASTE IN PREPARATION AND IN COOKING OF
Nutrition FRESH VEGETABLES AND THE FUEL CONSUMED. Elizabeth Fuller
 Whiteman and Florance B. King. (Journal of American
Dietetic Association, vol. 14, October 1938, No. 8, pp. 615-622.)
Reports a study made by the Bureau of Home Economics; and includes a
review of the literature involved, the experimental procedure, the
materials and equipment used, the weights and measures used, and a dis-
cussion of the results. Waste in preparation is dependent upon the age
and the condition of the vegetables as well as the proportion of inedible
material. Data are given for change of weight in cooking. The authors
say in the summary, "The fuel consumption when 24 vegetables were cooked
by gas and electricity was obtained. It required a longer time to heat
the same quantity of water to boiling by electricity than it did by gas.
Fewer British thermal units were required to heat small quantities of
water by gas than by electricity, but as the quantity of water increased
there was a reversal in favor of electricity. After the boiling tempera-
ture was reached, the British thermal units required to maintain that
temperature for cooking each vegetable were greater by gas than by elec-
tricity, with one exception."

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension
Washington, D. C.

NOV 18 1938

No. 339

November 9, 1938.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Housing

TRAINING HOME ECONOMISTS FOR PARTICIPATION IN A HOUSING PROGRAM. Mary A. Mason. (Journal of Home Economics, vol. 30, September 1938, No. 7, pp. 456-460.) Miss Mason outlines a way to get a concept of the present housing situation and its problems. She says we should adapt our teaching to family living conditions as they actually exist for the large mass of our population and that we must increasingly give our students knowledge that will function in dealing with housing at different social and economic levels and in relation to the health, comfort, safety, and reasonable esthetic satisfaction of the individual families and communities concerned. She then outlines in considerable detail how such a course might be carried on.

Housing

SYMPOSIUM ON CORRELATION BETWEEN ACCELERATED LABORATORY TESTS AND SERVICE TESTS ON PROTECTIVE AND DECORATIVE COATINGS. American Society for Testing Materials. (American Society for Testing Materials, Philadelphia, Pa., 1937, pp. 49.) A symposium on protective and decorative coatings on exteriors and interiors of houses. Main topics: Finishes for indoor service, Paints for exterior service on wood, and Paints for iron and steel." Conclusions reached are that there have been many conflicting statements which look as if some of them cannot be reconciled. This indicates that there is need for further study of the subject.

Housing

ACOUSTICAL INSULATION AFFORDED BY DOUBLE PARTITIONS CONSTRUCTED FROM DISSIMILAR COMPONENTS. J. E. R. Constable. (The London, Edinburgh, and Dublin Philosophical Magazine and Journal of Science, vol. 26, August 1938, No. 174, pp. 253-259.) In this technical paper, the author concludes by saying that in order to subdue noises, double partitions of similar materials are better than those made from dissimilar components, and that some experimental evidence supports this view.

Markets and
Handicraft

PICK-UP OR BROCADE WEAVING ON A SIMPLE HEDDLE LOOM. Nellie Sargent Johnson. (The Weaver, vol. 3, April 1938, No. 2, pp. 17-19, 8 illus.) The type of weaving described in this article is that used quite extensively by the Zuni and Pueblo Indians of the Southwest, as well as by the people of Mexico and Guatemala. The author says in closing, there are many possibilities in the use of this simple equipment.

Markets and
Handicraft

CANING A CHAIR AND MODEL CANING BOARD. L. N. Cilley. (Industrial Arts and Vocational Education, vol. 27, September 1938, No. 7, pp. 301, 1 illus.) Shows how caning of chairs and other furniture may be illustrated or taught with a model caning board, which shows each step in caning clearly, that the beginner may be able to advance in this work even when caning odd-shaped pieces.

Markets and
Handicraft

THE MERCHANDISING CASTE SYSTEM. Albert Wills. (Bakers Weekly, May 1938, vol. 98, No. 7, pp. 41-42.) The author says women may be divided into three classes - the impulse class, the shopping class, and the convenience class. The first buys upon impulse or without premeditation; the second has a need to supply, and gives consideration to style, technical properties, costs, and other factors; the third buys by habit something she had before and liked, or has association with something liked. It tells how to sell to each class.

Markets and
Handicraft

TOURIST HOMES TOURISTS LIKE. Louise Lounsbury. (Farm Journal, vol. 62, July 1938, No. 7, p. 31.) Points out features, besides beds, blankets, food, clothes closets, and clothes hangers that make tourist homes attractive and satisfying to paying guests. Features include: The appearance of the manager, thought in directing guests to the bathroom, providing a supply of palatable water, and a stand for luggage.

Markets and
Handicraft

DESIGNING FOR EMBROIDERY. Owen E. Thornton. (Sir Isaac Pitman & Sons, Ltd., London, 1937, pp. viii + 72, illus.) Intended to help teachers, students in evening schools, and those who also enjoy creating beautiful things for their homes and who are interested in drawing their own designs.

OUR HOMES. Ada Hart Arlitt, editor. (National Congress of Parents and Teachers, Washington, D. C., 1936, pp. 230.) A compilation of articles written by various authors, and grouped under the following headings: The Story of the Family, Home Planning and Management, The Home as a Cultural Center, and Educational Aspects of the Home.

EMOTIONAL HYGIENE. The Art of Understanding. Camilla M. Anderson. (J. B. Lippincott Co., New York, 1937, pp. viii + 242.) This book, written by a nurse, was intended for use in teaching nurses, but the author of the introduction says it should be no less interesting and valuable to the thoughtful and intelligent parent, to the teacher, the social worker, and the clergy of whatever faith. The book is written in a simple, understandable style. The main divisions are: The Biologic and Social Bases of Behavior, Personality and Adjustments, and The Emotions in Relation to Special Fields.

PSYCHOLOGY OF PERSONALITY AND SOCIAL ADJUSTMENT. A handbook for Students. Robert Leeper. (Cornell College Bookstore, Mount Vernon, Iowa, 1937, pp. 30.) This handbook is intended as a study guide for the student. Its purpose is to help you answer, as adequately as possible, practical problems that lie in the field of psychology of personality and social adjustment. The division headings are: Introductory, The Abstract Foundations of the Psychology of Personality, The More Specific or Concrete Phases of the Psychology of Personality, Supplementary Optional Topics. One side of each page is left blank for making notes.

THE AMERICAN HOME AND CHARACTER TRENDS. George D. Beckwith. (George D. Beckwith, Gloversville, N. Y., 1937, pp. 122.) The author of this book is a Scout executive. The foreword says the volume includes very interesting and valuable assembling of statistics relative to the influence of changes in population and modern ways of living and home life in general. Contents: The Origin and Purpose of the Home; The Significance of a Real Christian Home; The Five Primary Functions of the Home; The Home Personnel; Character Building in the Home; Changed Conditions in the Modern Home and the Problems Which They Raise; National Inefficiencies, Their Sources and Their Causes; Social Trends and Outcomes, Parent Education; and The Constructive Work of Character-building Organizations.

Food and Nutrition COOKIES AND MORE COOKIES. Lois Lintner and Marguerite Lentner Ashbrook. (The Manual Arts Press, Peoria, Ill., 1936, pp. 175.) Contains a large collection of recipes for making cookies and small cakes. The recipes are grouped under the name of the country in which they originated.

Food and Nutrition A "PATTERN" FOR SCHOOL LUNCHESES. Martha McPheters. (Progressive Farmer and Southern Ruralist, vol. 53, October 1938, No. 10, pp. 28.) Outlines a plan for preparing the major portion of tomorrow's lunch today while other meals are being prepared, and says this plan, together with a good pattern in packing lunches, will aid in solving the school-lunch problems. The school-lunch pattern is outlined, and the author says a hot dish is desirable. Food brought in fruit jars may be heated at school in a wash boiler provided with racks such as used when canning food.

Social HANDICAPS IN THE NORMAL GROWTH AND DEVELOPMENT OF RURAL NEGRO CHILDREN. Hildrus A. Poindexter. (American Journal of Public Health and the Nation's Health, vol. 28, September 1938, No. 9, pp. 1048-1052.) The author says in the beginning: "The worth-while racial potentialities of Negro infants born and reared in rural southern environment are not sufficiently well developed at chronological maturity to make them either a local community asset or prepare them for respectable social adjustment elsewhere." The longer one observes large cross-sections of areas where there Negroes live, the truer this statement appears to be. The author discusses: First major handicap noninfectious - malnutrition, second major handicap - syphilis, third major handicap - malaria, and fourth major handicap - hookworm infestation. He then discusses general underlying factors, and gives suggestions for practical improvements. In the summary he says the chief factors responsible for these conditions are ignorance and poverty. He advocates that diversified farming should take the lead, and that there should be a well-integrated and not too radical program of information concerning venereal-disease control.

Food and Nutrition A REVIEW OF INVESTIGATIONS ON THE NUTRITIVE VALUE OF EGGS. Mary Swartz Rose and Ella McCollum Vahlteich. (Journal of the American Dietetic Association, vol. 14, October 1938, No. 8, pp. 593-614.) This review of investigations concerning the nutritive value of eggs takes up studies of proteins, digestibility of egg proteins, vitamins A, B, D, G, and other vitamins, sensitivity to white of egg and contributions of the egg to the diet. In conclusion, the authors suggest that for adequate family dietaries at minimum or moderate cost for groups consisting of two adults and three children under 15 years of age, 15 dozen eggs per capita per year be used, and for liberal dietaries, 30 dozen, this being a daily average of about one-half and one egg, per person.

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension
Washington, D. C.

NOV 18 1938

No. 340

November 16, 1938.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

The Child PSYCHOLOGY OF EXCEPTIONAL CHILDREN. Norma V. Scheidemann. (Houghton Mifflin Co., New York, Vol. II, 1937, pp. xii + 460.) This book is intended for teachers who, the author says, should recognize special abilities or deficiencies in children even more quickly than parents or the family physician recognize them. The types of children which she discusses are: The cerebrally birth-injured, the post-encephalitic, the enuretic, the albinistic, the preschizophrenic child, the child afflicted with puberty praecox, the prematurely born, the bilingual, the eidetic, and the congenitally syphilitic child.

The Child THE CHILD IN NURSING. Gladys Sellev. (W. B. Saunders Company, Philadelphia and London, 1938, 4th ed., pp. 599, illus.) The parts of the book deal with the new-born infant and nursing procedures. It is complete and rather advanced in content.

The Child A MENTAL HYGIENIST LOOKS AT PHYSICAL EDUCATION. Harriet E. O'Shea. (National Parent-Teacher, August-September 1938, vol. 33, No. 1, pp. 19-21.) The author cites examples of children who have had at least partial undesirable personal experiences and who, therefore, now have personal troubles of one sort or another. It says, "When a child does not conform to the requirements of the group, provided that they are good requirements, when he does not avail himself of the opportunities for fun and satisfaction which his physical education activities offer him, then it is immediately time for someone to study the child. Upon occasion, it may be found that he has had no opportunity to play with other children, and that, therefore, he is ignorant of the rules of games. Perhaps he is pathetically afraid of other children--even if he tries to pretend that he is not."

Social THE COUNTRY DANCE BOOK. The Old-Fashioned Square Dance, Its History, Lore, Variations, and Its Callers. Complete and Joyful Instructions. Beth Tolman and Ralph Page. (Countryman Press, Weston, Vt., 1937, pp. 192.) Tells how to conduct country dances.

Social HOURS OF LEISURE. Dana Saintsbury Green. (The Studio Publications, Inc., 381 Fourth Avenue, New York, 1935, pp. 63, illus.) Gives diagrams and detailed instructions for making puppets and accessories to the puppet show.

Social FASHION: ITS ROLE IN HAWAII. Margaret M. Lam. (Sociology and Social Research, vol. 23, September-October 1938, No. 1, pp. 55-61.) Points out that fashion as we now perceive it is a vital force in the development of the social structure of Hawaiian society. By furnishing patterns of behavior, fashion aids in the development of the present cultural organization of modern Hawaiian society and in the selection of the content of its culture. Fashion thus facilitates rather than retards the cultural assimilation of the increasing population of the second and third generation.

Economic THE STORY OF AMERICAN EFFICIENCY. The Leather Industry's Contribution to Consumers; "Longer Life" for Products by Improved Processes. (The United States News, vol. 6, October 17, 1938, No. 42, Sec. 1, illus.) The leather industry's contribution to consumers through making products by improved processes which last longer than the old type of article. A comparison is given between the wearing qualities of shoes in 1900, when three pairs wore only as long as two pairs of shoes made in 1938. This article is based on data furnished by the National Bureau of Standards. It also speaks of how industry broke into color, where the materials for shoes come from, and the place that American industry holds in this field.

Housing PHYSICAL STANDARDS IN HOUSING AND THEIR IMPORTANCE
IN THE FEDERAL PROGRAM FOR LOW-COST HOUSING. A. C.
Shire. (Journal of Home Economics, vol. 30, October
1932, No. 8, pp. 552-553.) The author says: "Every concept of livability or amenity in a dwelling which may be expressed in terms of a physical standard may also be expressed in terms of the cost of use. Cost of use is a factor of initial cost plus the cost of operation and maintenance over an estimated useful life. For example, every square foot of space which is added to a room to increase livability or improve privacy may be evaluated in terms of additional rent per room per month."

Housing PRINCIPLES OF PLANNING SMALL HOUSES. Federal Housing
Administration. (Federal Housing Administration,
Technical Bull. No. 4, 1936, pp. 36.) The planning
and building of low-cost dwellings are discussed under the headings:
Basic Considerations, Standards, Construction, Heating, Plumbing, Private
Utilities, Plans and Lot Planning. Floor plans are shown for five different houses with variations that might be made in each to adapt them to families of different sizes.

Housing "HOW TO DO IT" SERIES. INTERIOR DECORATING. Duncan
Miller. (The Studio Publications, Inc., 381 Fourth
Avenue, New York City, 1937, pp. 79, illus.) The
author says this book is not intended to tell anyone what he ought to want, but to explain some ways in which various effects in home decoration can be obtained, and also to give the amateur information that will help him to carry out the instructions. Illustrations show the same room decorated for different periods, for example, 1893 and after altering in 1932. Instructions are given on how to paint, paper, select rugs, and prepare the floors for laying rugs.

Housing MINIMUM CONSTRUCTION REQUIREMENTS FOR NEW DWELLINGS.
Federal Housing Administration. (Can be obtained
from State or regional offices of the Federal Housing
Administration.) Offices located in various States or parts of States
have issued bulletins on minimum construction requirements for new dwellings in all States except Connecticut, Arizona, New Mexico, the Territories of Alaska and Hawaii, and Puerto Rico. Most of these have been recently revised. The bulletins give the minimum standards of construction for new buildings mortgaged and insured by the Federal Housing Administration. They cover excavation, masonry, foundations, exterior walls, chimneys, floors, driveways and walks, dampproofing, plumbing, wood framing, etc.

Education FACING A NEW ERA IN HOME ECONOMICS. Frances Zuill.
 (Journal of Home Economics, vol. 30, October 1938,
 No. 8, pp. 526-531.) The author says: "A survey of
recent educational literature would quickly demonstrate the fact that
home and family life is no longer an area allotted chiefly to the home
economists, sociologists, and parent educators, but rather a basic area
which is recognized from the primary grades through college. Psycholo-
gists, psychiatrists, specialists in mental hygiene and guidance are
making contributions to this phase of education." It seems increasingly
important that the center of gravity be found for this area if family
education is to signify more than an old pattern of education under a
new name.

Education THE CHANGED HOMEMAKER. Dora S. Lewis. (National
 Parent-Teacher, vol. 33, October 1938, No. 2, pp.
 8-9.) The author says if there is one thing more
characteristic of the change in homemakers than another it is their
effort to understand their family situations. She then describes the
characteristics of homemakers in other eras and the problems involved
in modern homemaking. She says the homemaker, in keeping the emotional
tone of a family constructive and satisfied, requires the deepest in-
sight. Each family member needs to feel secure in the affections of
the others, to be accepted, appreciated, and loved for himself. An
important factor in success is helping the group to be fair with one
another and to arrive at decisions which in the light of all evidence
will be the best for the group. It is evident that homemakers need
executive ability and rare judgment to maintain a balance among the many
roles they are called upon to fill.

Education SOCIAL PSYCHOLOGY OF EDUCATION. Applications of
 Social Psychology to Educational Problems. A. O.
 Bowden. (McGraw-Hill Book Co., Inc., New York and
London, 1937, pp. xv + 296.) The preface says, "The purpose of this
book is to apply the principles and data of social psychology to prob-
lems and practices in the field of education. Since social psychology
deals essentially with social processes and the interactions of persons
and groups, it has much to contribute to the science of education." The
book is intended for teacher-training programs in American universities
and colleges. Chapters of interest to extension workers are: View-
points; Personality; Rumor, Gossip, Innuendo, and Propaganda; Public
Opinion; and Why Teachers Fail.

Education PRINCIPLES OF PHYSICAL EDUCATION. Jesse Feiring
 Williams. (W. B. Saunders Co., Philadelphia, 1938,
 pp. 453.) The third edition, reset, of the book
first published in 1927.

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension
Washington, D. C. ✓

No. 341

November 23, 1938.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Health DERMATOLOGIC SYMPTOMS OF VITAMIN DEFICIENCIES. Herman Goodman. (Archives of Dermatology and Syphilology, vol. 38, September 1938, No. 3, pp. 389-400.) Tells how deficiencies in various vitamins may cause cutaneous lesions or other ailments of the skin. Each vitamin is discussed in a separate unit.

Health HUMAN REQUIREMENTS FOR VITAMIN B₁. George R. Cowgill. (The Journal of the American Medical Association, vol. 111, September 10, 1938, No. 11, pp. 1009-1016.) An article in the series on our present status of knowledge of vitamins. The author discusses the diseases due to lack of vitamin B₁. He says the normal adult with average degree of activity and therefore average level of daily energy intake requires as a minimum about 135 international units of the vitamin if he weighs approximately 99 pounds. A person weighing 154 pounds needs approximately 280 international units and a still heavier person, such as one weighing 198 pounds, requires about 550 international units. However, this subject merits extended study. Other topics are: Mother and infant, The child, Clinical factors influencing the vitamin B₁ requirement. Apparently not enough is yet known about the ability of the normal organism to store vitamin B₁.

Health FITNESS IN MIDDLE AGE. (Medical Record, vol. 148, November 2, 1938, No. 9, pp. 319.) An editorial which raises the question of how to promote play so that it will include all classes in a community. This is considered important because of the shortening of working hours and the need for best employment of leisure time. One of the best ways to use leisure is in the search for good health in the mind as well as in the body and the habit of play helps to produce this. In order to preserve good health the diet of the elderly must also be supervised and obesity shunned. A middle-aged man is not really fit if his waist is larger than it should be, for he carries too much flesh.

Social

RECENT FAMILY BUDGET ENQUIRIES. (International Labour Review, vol. 38, August 1938, No. 2, pp. 273-288.) A report of two studies of living on a moderate income, dealing with the family budgets of street-car men and clerks in San Francisco. Contains statistical tables showing the consumption habits of these two groups of people. Some of them are entitled: Sources of income of streetcar men's families, Variability in expenditure of street-car men's families per consumption unit for each category of the budget, Distribution of food expenditure of 48 street-car men's families, Analysis of average annual expenditure of street-car men's families for miscellaneous items. Similar tables are given for the clerks' families.

Social

THE FAMILY PAST AND PRESENT. Bernhard J. Stern. (D. Appleton-Century Co., Inc., New York and London, 1938, pp. xiv + 461.) A publication for the Commission on Human Relations of the Progressive Education Association. It is primarily a source book to be used in the study of the changing form of the family and contemporary trends in family life. It is intended to be used with the Commission's other book, "Society and Family Life," which was prepared for use by high-school students. Some of the chapter headings are: Family Life in Primitive Societies, Our Family Pattern Develops, The Commercial and Industrial Revolutions in England, American Historical Backgrounds, The Contemporary American Scene, Down on the Farm, The Depression Strikes the Family, Life and Death, and The Family Milieu.

Social

THE PROFESSIONAL IN RECREATION AND HIS RESPONSIBILITY FOR PERSONALITY DEVELOPMENT. Bruce B. Robinson. (Recreation, vol. 32, September 1938, No. 6, pp. 323-324, and 368-369.) Tells what the recreation worker should know about personality development, how the normal child develops, and what sort of experience he must have. He must know what type of experience leads the child to develop undesirable personality traits. He must know something of how necessary procedures in handling children may produce personality difficulties, and be so trained as to recognize developing difficulties in personality.

Social

MRS. COPELAND'S GUEST BOOK. Frances Spalding Copeland. (David McKay Co., Philadelphia, 1937, pp. 127.) Tells in a readable style what to take and what to do on visiting people in different kinds of homes, from the home having every appointment to that where the housewife does all her own work. It also tells how to make guests comfortable and have a good time and suggests how to be a desirable guest in Washington, D. C.

Clothing and
textiles

SECRETS OF HOME DRY CLEANING AND PRESSING. R. I. Parry.
(Home Economics, Inc., 205 Weatherly Building, Portland,
Oregon, 1931, pp. 101.) An interesting little hand-
book, although written some time ago. Chapter headings: Nature and mean-
ing of dry cleaning, Hand dry cleaning, Spotting or removing of stains,
Pressing equipment and finishing of garments, Cleaning and finishing of
hats, furs, laces, gloves, and other items, Miscellaneous secrets of home
economy. Each chapter gives specific directions for dealing with each
problem, also many hints for saving time and avoiding irritation. For
example it says, "Hanging curtains is easy if you will place a thimble on
the end of the rod before you run it through the curtain. To remove milk
stains on woollens or cottons, use water after dry cleaning; on silks,
sponge them gently with water if the dye will permit, or use an acetic-
acid mixture."

Clothing and
textiles

THE MARKETING OF TEXTILES. Reavis Cox. (The Textile
Foundation, Washington, D. C., 1938, pp. xv + 367.) The
parts of this book are: The nature of marketing, The
marketing of textile fibers, The marketing of yarns, The marketing of cloth,
The influence of styles and fashions on the marketing of textile products,
Price problems and policies of the textile industry, and Some important
marketing problems common to textiles at all stages. The purpose of the
survey reported is to train men in the textile industry and point out to
them the specialized training necessary to meet the problems involved.
Part IV contains a chapter relating to the marketing of piece goods and
other textile products to household consumers; part V, The influence of
styles and fashions on the marketing of textile products, discusses busi-
ness problems raised by style and fashion, and methods by which the textile
and allied industries handle their fashion problems; and in part VI is
the chapter on the mechanics of pricing. All these are of interest to those
studying consumer buying of textile fabrics.

Clothing and
textiles

BIBLIOGRAPHY ON THE CHEMISTRY OF WOOL. Arthur L. Smith
and Milton Harris. (American Dyestuff Reporter, vol.
27, July 11, 1938, No. 14, pp. P363-P392.) A very
inclusive bibliography of technical works, being the conclusion of the
one in the April 4, 1938, quarterly research number of the American
Dyestuff Reporter.

Food and nutrition VITAMIN A, CAROTENE AND VITAMIN C CONTENT OF CANNED MILK. O. Meulemans and J. H. DeHaas. (American Journal of Diseases of Children, vol. 56, July 1938, No. 1, pp. 14-21.) A report of studies made of vitamins A and C content of mothers' milk, cows' milk, and cows' milk mixtures for infant feeding. The report dwells particularly on the part of the investigation concerning canned milk, and states that, "If the bottle-fed infant is to be supplied with the amounts of vitamins A and C that are absorbed by the breast-fed infant, then to all prepared milk, whether fresh or canned, should be added both vitamin A and vitamin C, a prophylactic measure perhaps as necessary as the vitamin D prophylaxis now being generally adopted Both diluted evaporated milk and sterilized whole milk have the same vitamin-C content as fresh cows' milk, or about one-third of the vitamin C content of mothers' milk. Milk powder, sweetened canned milk, sweetened skimmed milk, buttermilk (either powdered or evaporated) and lactic-acid milk powder after dilution contain on an average one-half the vitamin C content of fresh cows' milk, or one-fourth that of mothers' milk. . . . Milk powder, sweetened condensed milk, evaporated milk, and sterilized milk have a carotene and a vitamin A content which quantitatively lies between that of stall milk and that of pasture milk in Europe. . . . Vitamin A (carotene) prophylaxis with cod-liver oil or with carotene preparations is essential both with condensed milk products and with foods prepared from fresh milk."

Food and nutrition DRAFTING NEW FOOD STANDARDS IS SOON TO BEGIN. Editorial. (Food Industries, vol. 10, October 1938, No. 10, pp. 548-549.) A discussion of the new Federal Food and Drug and Cosmetic Act and the standards that will result. The new regulations provide for the fixing of standards of identification and quality for all types of food after the holding of public hearings for manufacturers and other interested persons.

Food and nutrition MERRY MIXER COOK BOOK. Helen Robertson. (Frederick A. Stokes Co., New York, 1937, pp. xii + 621.) A compilation of recipes written for the Cleveland Plain Dealer to interest the girl of 12 years or thereabouts in the art of cooking. Directions are given in simple and detailed form describing measuring and mixing, step by step, from the beginning to the serving. It may be used by others who have had no previous experience in cooking.

Food and nutrition HERBS AND HERB GARDENING. Eleanor Sinclair Rohde. (The Medici Society, Ltd., London, 1936, pp. xiii + 205.) The topics discussed are: The charm of herb gardens, Rosemary, Lavender lore, Sages of virtue, The bergamots, Paths of thyme, A collection of marjorams, Stately herbs, Kitchen and salad herbs, Bitter herbs, Some herbs used in medicine and magic, and The Making of a herb garden and some recipes.

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension
Washington, D. C.

DEC 5 1938

No. 342

November 30, 1938.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

THE DEVELOPMENT OF LINGUISTIC SKILL IN TWINS, SINGLETONS
WITH SIBLINGS, AND ONLY CHILDREN FROM AGE FIVE TO TEN
YEARS. Edith A. Davis. (The University of Minnesota
Press, Minneapolis, 1937, pp. ix 165.) A report of a study that shows
the nature and extent of linguistic retardation in young twins. When
the twins have moved into the highly socialized environment of school
and elsewhere, their ability to handle languages seems to develop more
rapidly. In conclusion the author says: "There are indications in the
data that faulty articulation, if unduly prolonged, may become a major
handicap preventing both adequate command of language and wholesome
development of the personality."

FEEDING OUR CHILDREN. Frank Howard Richardson.
(Thomas Y. Crowell Co., New York, 1937, pp. 159.)
Written for the overanxious, conscientious mothers
who have been frightened into a state of nerves by the vast amount of
scientific material they have been told they must understand if they
are to feed their families properly and to avoid the deficiency diseases
about which so much is being written and preached. Parts of the book
are: The principles of nutrition, and Applying these principles to the
different age levels.

A GUIDE TO MOTHERS IN HAWAII. Joseph Palma.
(Honolulu Star-Bulletin, Honolulu, 1938, pp. 134.)
The author says that this book has been published
because of the necessity for special instruction in the care and feed-
ing of infants and children born in Hawaii. Instructions given, there-
fore, are local in their application, and differ somewhat from those
given on the mainland. It is interesting to see how the adaptations
have been made for climatic differences. Some of the instructions
might be modified for use in different parts of the United States.

Management TAKE GOOD CARE OF GOOD SILVER. Joseph Danforth Little.
(The American Home, vol. 20, October 1938, No. 5, pp. 50, 54 and 55, illus.) An article telling how to take care of silverware. It stresses the fact that silver actually seems to improve with use.

Management THE ECONOMIC PROBLEM OF NUTRITION. Edwin G. Nourse.
(Journal of Home Economics, vol. 30, October 1938, No. 8, pp. 541-544.) The author says the whole problem of national nutrition divides itself into these parts: Nutritional knowledge, education of the public, and purchasing power. He does not discuss the first two parts but spends all his time on the third, for he says he believes we have been relatively aggressive and effective in nutrition education and the development of nutritional knowledge. He says he hopes the time is not far distant when we shall have in this country a citizens' national committee on nutrition, which will be an active center for developing more adequately methods of distributing food supplies and purchasing power for food. The committee should consist of representatives of organized labor, farmers' organizations, the food industry, the American Home Economics Association, and other bodies that may speak for the consumer. Such a body should be one to coordinate the activities of all those working in the field of nutrition and consumer statistics and to prove a dynamic center of great importance in raising the standard of nutrition of the less satisfactory areas or groups within our country to a standard compatible with our nutritional economic resources.

Management PERSONAL AND BUSINESS RECORD-KEEPING. F. H. Elwell, E. A. Zelliot, and H. I. Good. (Ginn & Company, Boston and New York, 1938, pp. xv + 494, illus.) The authors say of personal records: "Suitable records are also important in personal and home business affairs if the largest returns are to be secured for the available income. Today, with a larger variety of manufactured and imported articles from which to choose, wise buying requires more careful planning and study than ever before. In foods and clothing, in equipment and supplies, in entertainment and recreation, in furnishings and furniture, there are literally dozens of varieties and grades from which to select; what to choose within a certain purse limit is no easy matter. One helpful device is to keep an accurate record of the actual payments made for different kinds of things, so that the information may be used as a guide in future buying." They then explain bookkeeping such as would be used for personal and household records. They also tell how to handle funds for clubs, and discuss other forms of bookkeeping. This is a textbook that might be used by high-school students or freshmen in college.

Clothing and Textiles MERCHANDISE FACTS HELP SELL INFANTS' WEAR. Research Bureau for Retail Training. (University of Pittsburgh, Pittsburgh, Pa., 1937, pp. 16.) Directed to salesmen. Contains a list of essential garments and other articles for the comfort and care of infants and gives facts about materials and construction that the purchaser as well as the salesman will wish to know. Similar bulletins from the same source are designed to help to sell decorative linens; men's shirts; men's pajamas; men's hosiery; blouses, sweaters, and shirts; men's gloves; women's hosiery; women's gloves; neckwear and scarfs; lingerie; negligees and house coats; men's furnishings. All these were published in 1937. Another bulletin, Facts about Rayon, was issued in 1938.

Clothing and Textiles YOUR CLOTHES AND PERSONALITY. Mildred Graves Ryan. (D. Appleton-Century Co., Inc., New York, 1937, pp. xiv + 389, illus.) The author says in the preface that the idea in teaching clothing is not sewing. It is to develop a plan for becoming a well-dressed individual, emphasizing the importance of buying and sewing to attain that end. She says that she has attempted to give theories which are often tiring, a personal aspect to make the student more interested in applying them in her own case. Chapter headings: What do we mean by personality clothes? What can we do to achieve personality? What influence does fashion have? What part does art play? What should you know as a consumer? What will you wear? How do you plan an outfit? How much should you spend? What should you know about clothing construction? How can you become a well-groomed individual? What beauty aids should you know? Do you now feel that you wear personality clothes?

Clothing and Textiles FASHION IS SPINACH. Elizabeth Hawes. (Random House, New York, 1938, pp. x + 336.) The parts of this book are: The French Legend, in which the author discusses the brief held by many people that all beautiful clothes are made in the houses of the French couturières and that all women want them. She then describes how various firms conduct their business in the dressmaking trade, and her own experience of working in the fashion field in Paris. The second part is: Buy American. She then tells of her experiences in this country in founding a business and inducing American women to buy American-designed clothing. She makes a distinction between style and fashion in which she defines the former as a wardrobe designed particularly for the woman who is to wear it without regard to what others may be wearing at that time, while fashion is the mode that everyone of the general populace is demanding at any moment without regard to its suitability to the individual or the purpose for which she is to use it. She says of the American woman that she is usually too occupied to spend 24 hours a day trying to be chic and in being seen that way. The endless number of fittings necessary to have clothes really right and enough of them to be truly chic irks Americans. To dress to suit one's own particular comfort and style takes real character, but it is the only way worth dressing if it can be done without going too far on the "art" side. Only real people dare to do it, and it is the only way of really enjoying clothes.

Foods and Nutrition THE CAUSE OF LOSS OF VITAMIN C FROM BOTTLED TOMATO JUICE. Donald K. Tressler and Katherine M. Curran. (Journal of Home Economics, vol. 30, September 1938, No. 7, pp. 487-488.) The report of an experiment made in a commercial plant. Conclusions reached are: "Ascorbic acid is not lost more rapidly from tomato juice packed in bottles filled completely than from juice in cans similarly filled. A great loss of ascorbic acid takes place during cooling and storage of partially filled bottles of tomato juice. After 40 days of storage, little or no loss of ascorbic acid occurs during further storage of tomato juice in either bottles or cans which are completely filled with hot juice."

Foods and Nutrition THE LITTLE THINGS IN LIFE. The Vitamins, Hormones, and Other Minute Essentials for Health. Barnett Sure. (D. Appleton-Century Co., New York and London, 1937, pp. xi + 340.) Chapter headings: Deficiency Diseases; The Vitamins, The Little Things in Diet; Vitamins and Dental Disorders; The Relation of Vitamin Deficiencies to Colds and Infections; Vitamins in Infant Nutrition; Vitamins During the Nursing Period and Pregnancy; Vitamins and Malnutrition; Vitamins in Various Ailments; The Vitamin Content of Foodstuffs; Minerals, Anemias, and Goiter; Foods, Hay-fever, and Asthma; Ferments and Indigestion; The Ductless Glands and Nutrition; The Little Things Are the Big Things in Life.

Foods and Nutrition PROTEINS OF THE BLACK BEAN OF THE MAYAS, PHASEOLUS VULGARIS. D. Breese Jones, Charles E. F. Gersdorff, and Sammie Phillips. (The Journal of Biological Chemistry, vol. 122, February 1938, No. 3, pp. 745-755.) A report of a study to determine quality of protein in the black bean used so commonly among Mayas in combination with corn in their diet. The conclusion reached is that there is not a significant superiority of nutritive value in this bean over that of other beans of the same genus, Phaseolus. A comparison of the composition of this black bean and corn diet on which the Mayas subsist indicates a supplemental relationship, for there is a relatively large amount of lysine, tryptophane, histidine, and cystine in the bean proteins in comparison to that of maize.

Food FIFTEENTH ANNUAL REPORT FOR THE FISCAL YEAR 1937-38. National Live Stock and Meat Board. (National Live Stock and Meat Board, Chicago, 1938, pp. 116.) Contents: Special promotion, Department activities, Interdepartment activities, Research activities, Meat grade identification, The board and its work, and Miscellaneous.

DEC 16 1938

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension
Washington, D. C.

No. 344.

December 14, 1938.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Equipment

THE VISIBILITY OF VARIOUS READING TASKS UNDER COMBINATIONS OF DIFFUSED AND UNIDIRECTIONAL LIGHTING.

Leland H. Brown, Leo G. Gianini, and Trevor A.

Robinson. (Transactions of the Illuminating Engineering Society, vol. 33, July 1938, No. 7, pp. 632-642.) A summary of this study says: "Tests are described of the relative visibility produced by each of two unidirectional lighting units, an indirect lighting unit, and combination of the three. The results for the particular arrangement tested showed that the visibility of ordinary seeing tasks is materially higher per foot-candle of illumination when lighted by unidirectional light from over the left shoulder of the observer than when lighted by diffuse illumination from an indirect lighting system."

Equipment

SUCCESSFUL HOME FURNISHING. Thelma M. Burrows. (The Manual Arts Press, Peoria, Ill., 1938, pp. 136, illus.)

The author says this book is not concerned with old mansions, but with homes in America today. It is written as a guidebook of style, balance, color, and design to meet the versatile requirements of the American house and apartment. Chapter headings: The "period" ancestry of modern furniture; Rugs; Walls; Window and upholstery; Glossary of fabric terms; Color radiation, color harmony, and color schemes; The story of lighting; Art objects; Floor plans and balance in furniture arrangement; Important historical periods. The author says that in some periods the people have brought forward certain styles so beautiful, so simple, and so comfortable that they are suitable to our present ways of living. These periods are: Queen Anne, Chippendale, Hepplewhite, Sheraton, Empire, and Colonial. She adds, "We may with justice include our own period in this classification, for it also promises to endure the test of time."

Housing THE AMERICAN HOME BOOK OF HOUSE PLANS - THE AMERICAN HOME. (The American Home, New York, 1935, pp. 119, illus.) This number of the American Home is devoted to house plans with illustrations of exteriors and brief descriptions of each house.

Housing STUDIES IN KITCHEN PLANNING - SOME NOTES AND OBSERVATIONS. Kitchen Planning Centre. (Lever Bros. Ltd., London, 1938, pp. 21, illus.) This English publication points out some of the things a housewife needs to consider in planning a kitchen so that she can carry on her work with a minimum of fatigue.

Housing STUDIES IN KITCHEN PLANNING - THE SIZE OF KITCHENS. Kitchen Planning Centre. (Lever Bros., Ltd., London, 1938, pp. 23 + X, illus.) This British publication discusses the analysis of the house, which includes a classification of outside features and a classification by rooms, and the size and efficiency of kitchens. Gives a record of time consumed in operations in experimental kitchens.

Housing STUDIES IN KITCHEN PLANNING - SURFACES. Kitchen Planning Centre. (Lever Bros. Ltd., London, 1938, pp. 22, illus.) This study in England discusses surfaces, tells how the tests were made, the nature of the friction used in the tests, and the effects of cleaning in relation to frictional values.

Housing STUDIES IN KITCHEN PLANNING - VENTILATION. Kitchen Planning Centre. (Lever Bros. Ltd., London, 1938, pp. 62.) This English booklet on ventilation contains some interesting statements about how cooking smells penetrate the house, minimum standards of ventilation, the use of extractor fans, the measurement of smell, and the tracking of air currents.

Housing PRACTICAL SMALL HOMES. Northwestern Lumbermen's Association. (Northwestern Lumbermen's Association, Minneapolis, Minn., undated, third edition, pp. 32, illus.) This booklet is comprised of floor plans, illustrations of exteriors, and brief comments regarding exterior walls, roof, interior finish, floors, and mechanical equipment of houses.

Food and
Nutrition

HOW MUCH MILK? E. V. McCollum. (McCall's, vol. 66, October 1938, No. 1, pp. 54, illus.) The question is asked, Do we really need as much milk as the books say? The author answers this question: "You're penny-wise and pint foolish if you let your family's milk quota fall below a full quart a day for each child and at least a pint for each adult."

Food and
Nutrition

FOODS - Production, Marketing, Consumption. Jean J. Stewart. (Prentice-Hall, Inc., New York, 1938, pp. xvi + 737, illus.) The author says in the preface that one purpose of this book is to lead individuals to think of food problems and to discover their proper solution. He takes up the processes of producing food, distributing it under present-day conditions, and outlines present scientific knowledge for the promotion of greater happiness through optimum health. Chapter headings: Man's relation to food problems; High carbohydrate foods; The starches and sugars; Foods rich in starches and sugars; Fresh fruits and vegetables; The preservation of food; Fats and oils; Dairy products; Meat and fish; Poultry and eggs; Beverages; The food needs of the individual; The food needs of the family; and, The food needs of a nation.

Food and
Nutrition

SPECTRUM ANALYSIS FOR TRACE ELEMENTS IN THE ASHES OF HUMAN, GOAT AND COW MILK. William Francis Drea. (The Journal of Nutrition, vol. 16, October 10, 1938, No. 4, pp. 325-331.) The summary of this study says: "Spectrum analyses of human and goat milks for 'trace' elements have been made and compared with similar investigations of cow milk and hen eggs. The importance of the drinking water as a part source for these trace elements is emphasized. Special attention is directed to chromium, fluorine, lead, manganese, molybdenum, and silver."

Food and
Nutrition

MIDDLETOWN IN TRANSITION. A Study in Cultural Conflicts. Robert S. Lynd and Helen Merrell Lynd. (Harcourt, Brace and Co., New York, 1937, pp. xviii 604.) This is a second study of the same area in which a study was made and reported about 10 years ago. It shows changes that have taken place in this interim of time in this small town. Chapter headings: Middletown revisited; Getting a living; The X family, a pattern of business-class control; Caring for the unable during the depression: bench marks for social change; Making a home: the arena of private adjustment; Training the young; Spending leisure; Religion; The machinery of government; Getting information: the press; Keeping healthy; "The Middletown spirit"; Middletown faces both ways.

SOCIETY. A TEXTBOOK OF SOCIOLOGY. R. M. MacIver.
Personal (Farrar & Rinehart, Inc., New York, 1937, pp. xii +
596.) This volume is a rewriting of the author's
earlier work "Society: Its Structure and Changes."

THE CHANGING FAMILY IN A CHANGING WORLD. Paul Popenoe.
Personal (National Parent-Teacher, June-July 1938, vol. 32,
No. 10, pp. 4-7.) A discussion of the effects of
modern conditions on the family. The author says: "Of the real partner-
ships, 87 percent are happy. Of the husband-dominated marriages, 61 per-
cent are happy. Of the wife-dominated homes, only 47 percent are happy."
He points out factors which prevent family cooperation, and says that
many boys' patterns of life are distorted because of the absence of mas-
culine influence and the dominance of feminine influence in their sur-
roundings. This is more true of the urban boy than of the farm boy of
today. He also points out steps leading to cooperation. He says equal-
ity does not exist anywhere in nature, so let us begin by banishing from
our thoughts the unscientific notion of sex equality. Children must be
brought up to be family minded and take a closer part with their parents
in the work of the world. He thinks it will be unfortunate if an arti-
ficial youth movement intended to emphasize the apartness of the young
makes any further progress in America. We should develop cooperation
between the sexes in every way possible rather than competition between
them. He makes some suggestions as to how this can be done.

ADULT ABILITIES. Herbert Sorneson. (The University
Personal of Minnesota Press, Minneapolis, 1938, pp. xiii + 190.)
A report of a continuation of the study reported in
1933 on Adult Abilities in Extension Classes. Chapters: Characteristics
of extension students; The mental abilities of extension students; The
classroom achievement of extension students; Teaching methods, problems,
and personnel; The relationship between age and mental ability. The
author concludes: "The decline of mental abilities with advancing age
suggests the general barrenness of adult intellectual life. It indicates
that use of the mind is very limited in post-school days. Adults fall
into routine habits or are regimented to such an extent that their need
or desire for rigorous mental activity is destroyed. The research on
adult abilities indicates above all else the need of adults for continuous
and sustained learning. . . Adults should therefore build for themselves
an intellectual life that will keep their abilities at the level of their
capacities. The measured decline in abilities represents a great loss
that ought to be prevented."

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension
Washington, D. C.

No. 345

December 21, 1938.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Housing PLANNING YOUR HOME. Emanuel E. Ericson and Roy L. Soules.
(The Manual Arts Press, Peoria, Ill., 1938, pp. 131,
illus.) A textbook in home planning. Part I is composed
of information and discussion material, while Part II contains problems
to be worked out. The author says this book seeks to accomplish three
aims: (1) To awaken a desire for better and more beautiful homes; (2)
to furnish a body of information that will enable individuals to real-
ize this desire when planning homes; and (3) opportunity for actual
practice in placing ideas in graphic form. Chapter headings of Part I:
You and Your Home, Helps in Home Planning, The Use of Building Materials,
Styles of Domestic Architecture, The Location of the Home, The Language
of the Draftsman, Fundamental Considerations in Planning Floor Space,
Analyzing the Plan Into Units, and Fundamentals in Treating Exteriors.

Housing PAINT FAILURES IN OKLAHOMA CITY. Leland P. Hart, George
L. Ball, and Eric E. Johnson. (National Paint, Varnish
and Lacquer Assn., Inc., Washington, D. C., September 1938,
pp. 208, illus.) A report of a study of paint failures and their causes.
After discussing types and grades of lumber, insulation, heating plants
used, kind of paint applied, character of labor, structural defects, and
- weather, the conclusions reached are that neither the species nor grade
of lumber, nor the quality of paint purchased were found to be respon-
sible for the rather general paint failures. Poor fabrication of lumber
contributed to construction weaknesses which adversely affected painted
surfaces. The most serious difficulty was the failure to prevent exces-
sive accumulation of moisture in locations where damage to paint was
found. Insulation of houses apparently was not a factor in paint fail-
ures. The use of two coats instead of three on new construction was
partly responsible for many failures observed. Where paint specially
designated for two-coat work was used on new construction it gave satis-
factory results. Faulty workmanship was noted in many instances. The
use of natural gas in certain types of open unvented heaters that dis-
charge large amounts of moisture in the house is a factor which might
have caused failure. The last half of the bulletin is made up of illus-
trations.

Clothing and Textiles SCIURIDAE. Trouble Awaits the Careless Handler of Squirrel. David Kaplan. (The National Cleaner and Dyer, vol. 29, August 1938, No. 8, pp. 14 and 15, illus.) Illustrated with diagrams and pictures to show how pelts of squirrels are put together and sewed in order to make a coat.

Clothing and Textiles A REALISTIC APPROACH TO TEACHING CLOTHING EXPENDITURES. Dorothy Brady. (Journal of Home Economics, vol. 30, November 1938, No. 9, pp. 612-616.) The author says that "The teacher of clothing has long recognized that courses cannot be based solely on considerations of human satisfactions, aesthetic values, and health aspects of clothing. The size of the family clothing budget, on the one hand, and the market prices of garments and materials, on the other, impose limits on her choice of subject matter. However, she often has had only a vague notion of where the limits actually fell, since she has had little authentic information as to family incomes, which so largely determine expenditures. It can almost be said that the study of consumer purchases offers the teacher for the first time a quantitative basis for determining the qualifications imposed by income and family needs on the subject matter to be presented in her courses. After this introductory statement she goes on to point out how consumer-purchases information may be applied in teaching situations.

Clothing and Textiles THE SWAMP RAT. The intricacies of Muskrat Pelt Layout. David Kaplan. (The National Cleaner and Dyer, vol. 29, September 1938, No. 9, pp. 32,33, and 62, illus.) This article tells how to cut and sew the pelts of muskrats or swamp rats in order to make a coat. It also tells how the techniques in piecing the pelts together are varied in making up coats of different fashions.

Clothing and Textiles MEN'S AND WOMEN'S LEATHER SHOES. Consumers' Research. (Consumers' Research Bulletin, General Bulletin Number, vol. 5 (new series), October 1938, No. 2, pp. 14-21, 17 illus.) This article discusses the fitting of men's and women's shoes, the effect the shoes have on posture, the materials from which they are made, and their care. It places stress upon two well-known rules in the care of shoes. These rules are that shoetrees should be used when shoes are not being worn, and the other is that a given pair should be worn only every second or third day to permit perspiration, which is ruinous to leather, to dry out better. The types of shoes illustrated are: Peg type, thin type, cemented type, stitched-down type, Littleway type, McKay type, and welded type.

STAYING YOUNG LONGER. Gelett Burgess. (Vogue, vol. 92, September 15, 1938, No. 6, pp. 95 and 152.) This article points out what the author calls the "preliminary symptoms" of old age, which, he says, may begin even in childhood. The things that he points out are those that make the difference between those men and women who, when others are degenerating, are still vital and potent, capable of brilliant achievement comparable even to that of youth. Some of the things mentioned are: Meaningless gestures, such as feeling the face, playing with the match box, tapping the table, and taking advantage of ill health, frustration, disappointment, or weariness; carelessness in speaking, poor posture, too deliberate motions, and innumerable trivial mannerisms; dwelling in the past - you should ask what the news is and not reminisce. The author closes by saying, "A person is as old as his or her behavior habits."

EDUCATIONAL PSYCHOLOGY. Thomas R. Garth. (Prentice-Hall, Inc., New York, 1937, pp. xvi + 319.) A textbook intended for the general college student and public-school teacher. Chapter headings: What is educational psychology?; The problem of original nature; Heredity in man; The human organism; Feeling and emotion; Motivation; Learning, remembering, and forgetting; Observation, meaning, and generalization; Imagination and thinking; Transfer; Directing the learning process; How to study; Intelligence; The measurement of achievement and capacity; and, Personality.

HOW TO DEVELOP PERSONAL POWER. Dick Carlson. (Harper & Bros., New York-London, 1937, pp. xiii + 228.) This book is directed to the man or woman who wishes some guidance in improving his own personality or power through getting along with other people. The contents are: Your personality, Your life plan, Your creative power, Your power of leadership, Expressing yourself, Analyzing yourself, Discovering your job, Charting your progress.

READINGS IN EDUCATIONAL PSYCHOLOGY. Charles E. Skinner and Associates. (Farrar & Rinehart, Inc., New York, 1937, pp. viii + 630.) A compilation of articles prepared by 26 authors. The divisions of this book besides the introduction are: Foundations for biological and physiological behavior, Growth and learning, Individual differences, Personality and adjustment, and Viewpoints of educational psychology. The introduction says it is hoped that a fair perspective of current thought is contained in this book.

- Health HOME GUIDES TO HEALTH, Vol. IV. Hubert O. Swarthout.
(Pacific Press Publishing Assn., Mountain View, Calif.,
1938, pp. 190, illus.) The foreword of this book says:
"This volume has been written to help you to become more intelligent and
better informed about your body. It begins with some of the rudiments
of physiology, then progresses to a study of the care of the body, its
proper nourishment, et cetera. Consideration is given to common ail-
ments and to those diseases that are doing the human race the greatest
damage today."
- Health OUTWITTING HOMEMAKER'S FATIGUE. Lou Tregoning. (Hygeia,
vol. 16, October 1938, No. 10, pp. 887-889, 937 and 947.)
The author takes stock of causes of overtiredness and
explains how this condition can be overcome by making adjustments in
personal well-being, household duties, and attitudes. She gives the
various causes of fatigue due to things such as too-low tables, and un-
happiness.
- Health NONMEDICAL FACTORS AFFECTING HEALTH. Editorial (The
Journal of the American Medical Assn., vol. 111, October
29, 1938, No. 18, pp. 1660.) In this editorial a state-
ment made is that "Rural residents continue to possess definite advantages
over urban residents in health prospects. Housing is a fundamental con-
sideration in the general health problem. Poor housing is often associ-
ated with poverty, ignorance, inadequate food, long hours of toil, hazard-
ous employment, unfavorable climate, unhygienic living, and still other
factors which have a more direct bearing on health. While a house it-
self ordinarily does not have a significant part in regulating or con-
trolling morbidity or mortality rates from communicable diseases, health-
ful living demands sanitary equipment in the environment. Poor housing
influences the health of the occupants directly through the transmission
of infection and through the debilitating effects of an unfavorable
environment. Climate also is a factor of importance over which we have
no control."
- Health PHYSICAL FITNESS FOR WOMEN. M. S. Chamberlain. (M. S.
Mill Co., Inc., New York, 1938, pp. vi + 88, illus.)
The book describes exercise for each part of the body.
It is illustrated with motion-picture cuts.

